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KLUM HITHER LOOKS

SUPERMODEL HEIDI KLUM IS HOSTING MTV'S EMAS AND TELLS METRO THE SHOW'S 'HIP, YOUNG AND FUN' VIBE MATCHES HER DARING STYLE PERFECTLY PAGE 28

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HE HAS A BIG HAT TO FILL

Isaac Lockert, 14, sits at the desk of Ottawa's Police Chief Charles Bordeleau. Lockert, an aspiring police officer, got to meet the police chief on Wednesday after winning the Ultimate Dream Job Contest. For more on the story, see page 4. ROSANNA HAROUTOUNIAN/FOR METRO

Pipe dream?

Not so fast. U.S. envoy tempers Tory optimism on Keystone XL as Obama win stokes hope

The Harper government shouldn't be getting its hopes up that Barack Obama's re-election will mean speedy approval of the controversial Keystone XL pipeline, says the U.S. ambassador to Canada.

U.S. envoy David Jacobson's assessment provides a sobering counterpoint to the optimism expressed by the government Wednesday that the Keystone XL pipeline can proceed now that the American campaign is over.

"I'm not going to pre-empt the president's decision," Jacobson told The Canadian Press in an interview this week on the eve of Obama's victory over Republican challenger Mitt Romney.

"We don't even have a route yet from the state of Nebraska, and until we have that, nothing can happen," he said.

"This thing has got to move in an orderly fashion. But I think we need to keep Keystone in the proper context of what is the largest energy relationship between two countries in the world.... It is not a huge part of that relationship."

Romney repeatedly pledged to immediately approve "the pipeline from Canada" throughout the presidential campaign.

Obama delayed approval of the project until next year — after Tuesday's presidential election — after environmental groups put enormous pressure on his government.

THE CANADIAN PRESS

Show yourself, cyberbully

MP wants to look into ban on online anonymity PAGE 18

Party on your pants

Would you wear printed trousers to a function? PAGE 30

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Obama good for Canada, MP says

Relationship.
Meanwhile, Harper said he looks forward to continuing to work with the U.S. president

Continuity in the leadership of Canada's largest trading partner is a good thing for the United States' northern neighbour, according to the NDP's foreign affairs critic.

Ottawa Centre MP Paul Dewar said Barack Obama's re-election is helpful for Canada, having already built up a relationship with the 44th President of the United States.

"We know the policies of the Obama administration, and it provides some certainty, which is very important in our relationships with other countries," said Dewar on Wednesday.

"It also means ... some opportunities, and for the Conservatives, some challenges."

Dewar counts the chance to reboot climate-change and nuclear-disarmament discussions among those opportunities — which he also counts as challenges for Prime Minister Stephen Harper's government.

Foreign Affairs Minister John Baird could not be reached for an interview. But Harper, speaking to reporters in India, said he looks forward to continuing to work with Obama.

"We've had a very good and effective working relationship focused on jobs and growth in the global economy," Harper said.

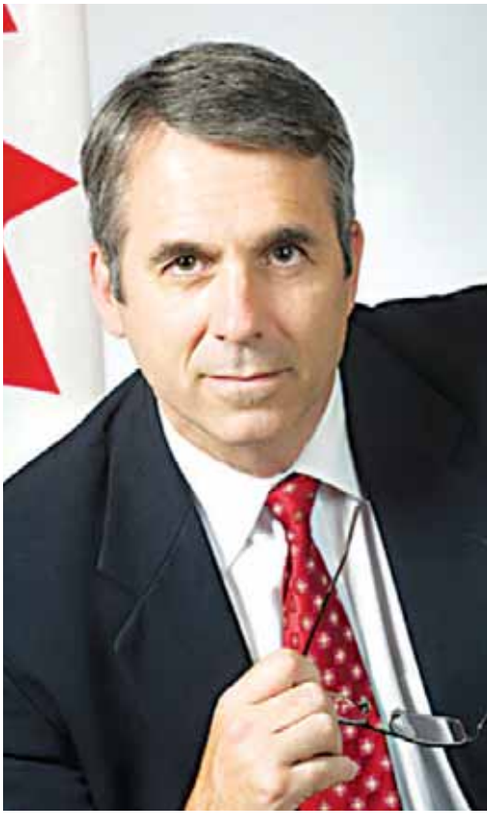
In a release congratulating the president on his re-election, the Prime Minister's Office highlighted shared projects like the Beyond the Border agreement, aimed at increasing security while easing congestion at the Canada-U.S. border.

"We are also working together with other partners to conclude the Trans-Pacific Partnership Agreement, which seeks to boost trade in the Asia-Pacific region," the release noted.

ALEX BOUTILIER/METRO
WITH FILES FROM THE CANADIAN PRESS

Local lawyer joins Liberal leadership race

With the Liberal leadership race set to officially kick off next week, Ottawa lawyer David Bertschi announces he is formally joining the field of contenders. Bertschi's leadership announcement was set for Wednesday at an evening barbecue and rally at an Ottawa high school. Not exactly a household name in Canadian politics, Bertschi says he comes to the Liberal leadership race with seemingly contradictory credentials — as an outsider from the national capital. Though he was a candidate in the 2011 election, Bertschi failed to wrest the Ottawa-Orléans riding away from Conservative incumbent Royal Galipeau, losing by about 4,000 votes.
"Often times you need someone from the outside to rebuild the party," Bertschi said in an interview this week in the boardroom of his spacious law firm in Orléans.
TORSTAR NEWS SERVICE



Closing arguments heard in Toby Land murder trial

Toby Land snapped and lost control when he unleashed a series of hammer blows to Dominic Doyon, 32, on May 4, 2009, but didn't mean to kill him, a defence lawyer argued Wednesday.

Anne Weinstein made her closing arguments in the defence of her client who is on trial for second-degree murder. She pushed for the jury to find Land guilty of manslaughter and not murder.

Land told a jury that he used a hammer to strike Doyon in the head and hands while on a drinking binge in their Lowertown apartment. The altercation started when he confronted Doyon about Doyon dating a 15-year-old girl.

Given Land's own sexual abuse as a child around the same age, seeing Doyon and the girl without their shirts that night was "a catalyst which set off the first wave of what would result in a cascade of emotions once Toby's already-precarious self control was completely broken down," said Weinstein.

In the weeks leading up to the incident, Land said he thought it was inappropriate for the girl to be in the apartment while others were drinking and smoking marijuana.

Land's lawyer said he did not know Doyon was having sex with the girl until the night of the incident. It was then when he regarded Doyon as a pedophile, she argued.

Land went beyond what was required to defend himself after Doyon brandished a sword, she said, but emphasized that Land did not mean to kill his roommate.

In a video played in court earlier in the trial, the jury watched Land sob during an interview with Det. Sean Gordon shortly after turning himself in.

"Is that the image of someone who had committed intentional murder or the image of a broken young man overcome with the remorse of having taken a life?" said Weinstein.

Crown prosecutor David Elhadad opened his argument by saying the incident was a "prolonged and sustained attack" and Land's actions did not lack intent.

"One simply cannot use the severity of the killing to undermine the intent," he said.

He brought the jury's attention to Land's account of what happened in the hours after turning himself into police, calling it more truthful than what he testified in his own trial.

In the police interview, Land said he used the sword on Doyon, but on the witness stand he said it was Carl St. Cyr, Land's second roommate, who wielded the sword in the attack. He testified he lied to police in order to take the blame for St. Cyr, who has children. But Elhadad didn't buy it, and said his account with Det. Gordon was "fresh."

"(The sword) was not in Mr. Doyon's hands, because if it was he would have used it," said Elhadad.

Land had no defensive injuries from the entire incident, argued Elhadad.

The judge will give the jury her instructions Thursday.

JOE LOFARO/METRO

Bronson Avenue. No speed-limit changes to be discussed until March

Ottawa's transportation committee shelved the idea of reducing the speed limit on a fatal section of Bronson Avenue until the new year.

At a meeting Wednesday morning, councillors rejected a recommendation to limit the speed limit on Bronson Avenue between Holmwood Avenue and Brewer Way to 50 kilometres per hour.

Coun. Diane Deans noted city staff are currently preparing a comprehensive safety study on that section of Bronson, and suggested council put off the decision until the report is ready. It's expected the report will take until March 2013.

Councillors ultimately sided with Deans and against Coun. David Chernushenko, who was behind the recommendation.

"We created a condition where people are coming off the airport parkway, coming from the south of the city, naturally choosing this route because you can go quite quickly for awhile," said Chernushenko. "And yet there was never an out. They were always going to be running into a residential neighbourhood."

The section of Bronson Avenue, north of Carleton University, the city is studying. GOOGLE STREETVIEW

A Carleton student, 27-year old Krista Johnson, was killed last month while riding on that messy section of Bronson. Carleton University and various community groups have been lobbying the city to make changes along the road to improve safety.

The staff report the committee was considering noted the stretch has seen numerous serious accidents.

"Let's make efforts to calm this street, not so that no one will drive from the south ... but (so that) you will commute at a calmer speed and everyone will end up in a calmer atmosphere," Chernushenko said. ALEX BOUTILIER/METRO

Industrial accident

Man suffers serious injuries in lift collapse

An Ottawa man suffered extensive internal and lower-body injuries after the cherry-picker lift he was working in collapsed.

Ottawa paramedics responded to a report of an industrial accident on St. Laurent Boulevard near Walkley Road at 2:40 p.m.

A 45-year-old male worker was in the basket of a cherry-picker lift when the basket collapsed, dropping 30 feet below. The man was treated at the scene and taken to hospital in serious condition.

The Ontario Ministry of Labour is investigating the incident. ALEX BOUTILIER/METRO

Sgt. Mark Barclay, left, and Const. John Drader dress Isaac Lockert, 14, in a ballistics vest during his visit to the tactical unit of the Ottawa Police Service on Wednesday. Lockert, an aspiring police officer, got to visit the unit after winning the Ultimate Dream Job Contest. ROSANNA HAROUTOUNIAN/FOR METRO

Dreams come true for aspiring officer

Contest winner. Local youth says being a cop would be an 'interesting' way to give back

ROSANNA HAROUTOUNIAN
ottawa@metronews.ca

While most Grade 9 students spent Take Our Kids to Work Day with their parents, Isaac Lockert spent time with the Governor General, Ottawa's police chief and the Speaker of the House.

Lockert, 14, became the first student from Ottawa to win the Ultimate Dream Job Contest after submitting a photo and write-up about why he wants to become a police officer. Run by the charitable organization the Learning Partnership, the contest is one of the many initiatives the group uses to get kids thinking about their futures and engage them with education.

"I like giving back to the community," said Lockert. "There are plenty of jobs which can do that, but being a police officer is one of the more interesting ones."

After spending Wednesday morning at Rideau Hall with Gov. Gen. David Johnston, Lockert visited police Chief Charles Bordeleau, who told him to continue volunteering in the community.

"The officers in this organization give back all the time, so never give up," said Bordeleau. "Hopefully you can be a hometown cop. We'd be proud to have you."

Lockert got to try on equipment worn by the members of the tactical unit and test out a remote-controlled tactical robot. He also attended an Ottawa 67's game, toured the Canadian Mint and War Museum, and met Ottawa-Orleans MP Royal Galipeau and Speaker of the House Andrew Scheer as part of his prize.

"I get to do a lot of things I normally wouldn't get to do," said Lockert. He said trying on the tactical unit's equipment was the best part of the experience.

"I didn't think I'd get to put on the gun and armour, so it's pretty neat."

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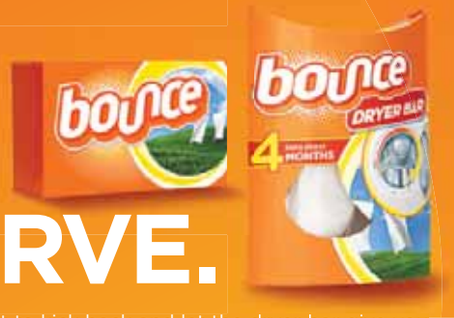

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Harrowing tales from the Afghan war zone

The Memory Project. Soldier's recollections bring Remembrance Day to life for kids

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Schoolchildren sat in rapt attention as Cpl. Chris Drouin shared his story of a firefight in an Afghan farm field and facing bullets aimed at friends during a Remembrance Day ceremony.

"There's a lot of negative things that happened: Friends that didn't make it back, or those that didn't make it back all in one piece, but I would go back in a heartbeat," Drouin told Westboro Academy's elementary students of his seven-month tour in southern Afghanistan in 2008.

"For me, especially with a lot of older vets passing away, this allowed me to give the kids a face to put with the stories," he said afterward. "It's a more human touch so that they can connect to it a lot easier."

Drouin spoke with the children as part of the Memory Project, a government program dedicated to preserving the stories of Canadian soldiers.

"I think hearing from somebody who has had experiences in the war just made Remembrance Day that more significant and moving," said Anne Chambers, a Grade 7 student at the private school near Carleton University. "It's fairly difficult to make a connection to World War Two."

Drouin said that he's seen a growth in Remembrance Day ceremonies in recent years. "When I remember some of the ceremonies from the past, they were a little lacklustre. What I've seen year after year is the ceremonies getting bigger and better and more interest from the public."

Cpl. Chris Drouin, joined by Veterans Minister Steven Blaney, shares stories about long patrols and firefights from his 2008 tour in Afghanistan with Westboro Academy students for Remembrance Day. GRAHAM LANKTREE/METRO

Pulitzer Prize winner. Vibrant streets key to making Ottawa great, says architecture critic

Ottawa will keep building great communities if it doesn't become complacent and continues investing in its streets, said Pulitzer Prize-winning architecture critic Paul Goldberger on a visit to the capital early this week.

"Ottawa is an unusual case because it doesn't have to worry about its major industry going out of business," said Goldberger, the New Yorker's architecture critic from 1997 to 2011 and now a contributing editor at Vanity Fair.

"The one fate it will not suffer is the fate of Detroit, but that also creates a certain complacency. There is a predilection here now among planners to build greater core density and that is all to the good."

Any complacency at city hall could be shaken up by focusing less on the federal government and more on the city's public spaces, Goldberger suggests. "I do see all of the desire here to build on what's here and strengthen it."

Projects to rejuvenate and animate the streets of Ottawa, such as those in Westboro and the recently completed streetscapes in the Glebe and in Chinatown, have all worked to reinvigorate and brand those communities.

"Great streets are the greatest public spaces," he said. "You can't have a great city without great streets."

Among Ottawa's buildings created by such international names as Douglas Cardinal, Moshe Safdie and Raymond Moriyama, Goldberger praised the Parliament Hill complex as being the crown jewel of the city.

"The structure isn't terribly original, but it's what Ottawa is all about," he said.

The new Ottawa Convention Centre by local architect Ritchard Brisbin also struck the critic as an interesting piece in the evolving capital. "It looks intriguing," he said noting he could see it from his room at the Lord Elgin hotel. "Especially in comparison to your arts centre."

Goldberger spoke as part of a lecture series run by Urban Forum and the Carleton Azrieli School of Architecture and Urbanism.

GRAHAM LANKTREE/METRO

The Parliament Hill complex.

Paul Goldberger

The new Ottawa Convention Centre. PHOTOS BY GRAHAM LANKTREE/METRO

Next hurdle: The C-word

Compromise. It's said to be key to Obama's success in second term because GOP still holds tight grip on House of Representatives

He won. But now what's in store for Barack Obama?

A brutal ideological fight, for one thing.

Obama told Americans he has never been so optimistic. "The best is yet to come," he said, ticking off goals of reforming the tax system, easing climate change and overhauling immigration laws.

"Not so fast, Mr. President," came the response from Republicans, who still hold their grip on the House of Representatives.

So the challenge for Obama is mastering the C-word: compromise.

"The voters have not endorsed the failures or excesses of the president's first term," said frosty Republican Sen. Mitch McConnell.

"Now it's time for the president to propose solutions that actually have a chance of passing the Republican-controlled House."

Obama's narrow lead in the popular vote will make it difficult for him to claim a sweeping mandate.

With returns from 94 per cent of the nation's precincts, Obama had 58 million, or 50 per cent of the popular vote.

Challenger Mitt Romney had 56 million, or 48 per cent.

Romney tried to set a more conciliatory tone. "At a time like this, we can't risk partisan bickering," he said.

THE ASSOCIATED PRESS

Happiness over Barack Obama's election win spread far and wide. In Puri, India, cyclists ride past a giant sand sculpture congratulating him.

BISWARANJAN ROUT/THE ASSOCIATED PRESS

The GOP. No longer will aging white men help the Republican party

What now for the Republicans?

The party is at a crossroads, confronted with an evolving U.S. electorate that is unceremoniously rejecting its vision for the country.

Barack Obama handily won the votes of women, Hispanics, African-Americans and young Americans.

Mitt Romney won aging white men — a dwindling voting bloc.

"We were wrong," top Republican Newt Gingrich said.

Quoted

"We have plenty of highly achieved minorities in our party."

Talk-show king Rush Limbaugh, dismissing suggestions the party is too white.

He and others in the Republican brain trust "misunderstood what was happening in the country," he said on television.

THE CANADIAN PRESS

The economy. Obama's next challenge is pulling back from the fiscal cliff

Can Barack Obama put the U.S. fiscal house in order — and help the global recovery?

"There will be a period of unease as we now turn from the politicking to the heavy lifting," said Paul Taylor, chief investment officer of BMO Asset Management Inc.

Some Canadians warn the U.S. is heading toward the so-called fiscal cliff, which would be reached if gridlock in Washington prevents a deal to extend about $600 billion US in tax cuts and spending beyond Dec. 31.

Canadian exporters will still face uncertainty over the U.S. economy, which has had an impact on Canadian manufacturing and forestry firms contending with a decline in U.S. housing.

"If you're a Canadian exporter outside the energy sector then your options aren't great," said Capital Economics' chief U.S. economist, Paul Ashworth.

THE CANADIAN PRESS

Showbiz

Some angry stars are all a-Twitter

For showbiz stars, it was the greatest show on Earth — love it or hate it.

Mariah Carey was so excited about Barack Obama's re-election that she released a song, Bring it on Home, in his honour.

But Mitt Romney supporter Donald Trump tweeted: "This election is a total sham and a travesty. We are not a democracy!

Trump

"Let's fight like hell and stop this great and disgusting injustice! The world is laughing at us."

But NBC News anchor Brian Williams said Trump's tweets show he has "driven well past the last exit to relevance and veered into something closer to irresponsible."

Romney supporter Ted Nugent ranted on Twitter that the country is doomed. "Pimps whores & welfare brats & their soulless supporters hav a president to destroy America," he wrote.

Beyoncé

Beyoncé gloated, posting a photo that read, "Take that Mitches." It was accompanied by a photo of her in a "Texans for Obama" T-shirt.

THE ASSOCIATED PRESS

Do you suffer from GRASS allergies?
Kanata Allergy Services, in conjunction with Kingston General Hospital, is looking for people to participate in a study about an investigational drug for grass allergies.
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or email: kanataallergy@gmail.com

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Science on tap
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Reality Check:

HIV/AIDS in the age of antiretroviral drug therapy

Monday, November 19, 2012, 7 p.m.
La Nouvelle Scène
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RSVP: cafescientifique@cihr-irsc.gc.ca

This free event is presented by the Canadian Institutes of Health Research (HIV/AIDS Research Initiative), in partnership with the Canadian AIDS Society and the Canadian Association for HIV Research.

Space is limited.

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The discovery of advanced antiretroviral drug therapy radically helped people living with HIV. An infection that was once deemed a death sentence began to look more like a chronic, yet manageable condition. However, people undergoing treatment can experience a host of complications, and challenges.

Furthermore, HIV/AIDS is still a global threat. Last year, the World Health Organization estimated that 2.5 million people became infected with the disease. In Canada, 2,358 positive HIV tests were reported in 2010, and about 45% were from Ontario residents. It's estimated that 26% of Canadians living with HIV/AIDS are unaware of their infection.

So it's time for a reality check. While antiretrovirals are helping HIV-positive people live longer, they haven't erased the disease.

Join us for a discussion to increase your awareness of the latest in HIV research, the problems associated with antiretroviral treatments, and the challenges that exist for those who are HIV positive.

Experts

Jonathan Angel
MD, FRCPC
Professor of Medicine
University of Ottawa
Director, HIV Clinic
The Ottawa Hospital

Louise Balfour
PhD
Associate Professor
Division of Infectious Diseases
Faculty of Medicine
University of Ottawa
Clinical Health Psychologist
HIV Clinic, Ottawa Hospital

J.J. (Jay) Koornstra
Executive Director
Bruce House

Moderator

Monique Doolittle-Romas
Chief Executive Officer
Canadian AIDS Society

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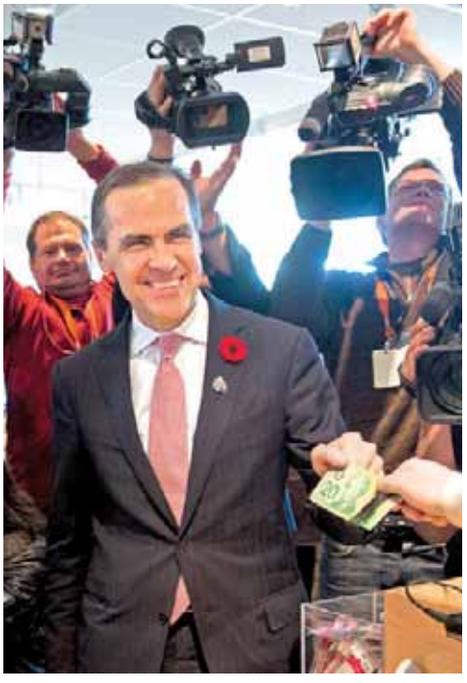
Canada



Carney test drives new $20

Bank of Canada governor Mark Carney hands over a new polymer $20 bank note that he used to make a purchase at the museum gift shop after a launch ceremony at the War Museum in Ottawa on Wednesday. There will be about 800 million of the plastic $20 bills, which feature the Vimy Memorial, in circulation — as many as all other denominations put together. ADRIAN WYLD/THE CANADIAN PRESS

New storm threatens New York, New Jersey

Second surge. Just under a million people still without power in the region as weaker storm moves in

Volunteer Karina Ayubi, left, joins National Guardsman Brandon Kyle as they distribute blankets donated by the American Red Cross to residents without power on Wednesday in Little Ferry, N.J., as a Nor'easter approached in the wake of Superstorm Sandy. Major airlines cancelled flights in and out of the New York City area ahead of the storm. KATHY WILLENS/THE ASSOCIATED PRESS

Coastal residents of New York and New Jersey faced new warnings to evacuate their homes, and airlines cancelled hundreds of flights as a new storm arrived Wednesday, more than a week after Superstorm Sandy left dozens dead and millions without power.

Forecasters said the latest storm appeared weaker than first thought, but it still carried the threat of high winds, storm surges and even snow that could cause further damage to the already weakened infrastructure of the country's most densely populated region. Rain and wet snow started falling in New York City around midday.

"I am waiting for the locusts and pestilence next," New Jersey Gov. Chris Christie said. Public-works crews with heavy machinery worked to build up dunes to protect the battered shoreline.

More than half a million homes and businesses remained without power as temperatures hit freezing at night, and finding tens of thousands of people emergency housing — in some cases, for the long term — was the greatest challenge.

New York Mayor Michael Bloomberg ordered police to use loudspeakers to warn vulnerable residents, many of them in low-income public housing, about evacuating.

THE ASSOCIATED PRESS

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Calgary Travel Dec 1 - Dec 8/ac	$612
Lima Travel Jan 16 - Jan 30, 2013/la	$937*
London Travel Jan 16 - Jan 30, 2013/ac	$1029
Bangkok Travel Feb 12, - Feb 26, 2013/ua	$1229
Sydney Travel Feb 5 - Feb 19, 2013/fj	$1629*

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Jamaica 7 Nights 4-Star Sunset Grande Departs Dec 17/sqv/ws.	$973

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USA

Las Vegas Air + 3 Nights $389* Imperial Palace
INCLUDES airfare from Montreal and accom on the Strip. Departs Dec 16/wsv/ws.

Nashville Air + 3 Nights $589
Best Western Music Row
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Florida Keys Air + 7 Nights + Car $859
Ocean Pointe Suites
INCLUDES Key Largo 1-bedroom accom and a 7-day car rental. Departs dec 5/ggv/ua.

New Orleans Christmas Special Air + 4 Nights $899
Holiday Inn French Quarter
INCLUDES French Quarter accom. Departs Dec 23/ggv/ac. UPGRADE to 4-star Astor Crowne Plaza for $16 per night. ADD jazz brunch buffett for $33.

Hawaii Island Hopper Air + 7 Nights $1499
Castle Kamaole Sands, Aston Waikiki Joy
INCLUDES all airfare, 3 nights Maui accom and 4 nights Waikiki accom. Departs Jan 15/ggv/aa.

Vacations

Shanghai Air + 6 Nights $1199
Holiday Inn Express Zhabei Shanghai
INCLUDES central accom near the Shanghai railway station. Departs Mar 12/ggv/ua.

Costa Rica Air + 7-Day Car $750
Mini Car
INCLUDES roundtrip San Jose airfare and 7-day car rental with unlimited mileage. Departs Dec 4/alm/dl.

London Christmas Markets Air + 6 Nights $1287
Ibis Earls Court
NCLUDES Earls Court area accom. Departs Dec 10/acv/ac. ADD London Eye ticket from $32.

New Zealand Air + 11-Day RV $1999*
Mighty Campers
INCLUDES roundtrip airfare from Montreal to Auckland and 11-day campervan rental with linen and bedding, kitchen equipment and unlimited mileage included. Departs Feb 21/ggv/fj.

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‘This wasn’t a conspiracy of silence’

Former Penn State president Graham Spanier leaves court Wednesday in Harrisburg, Pa. JASON MINICK/THE ASSOCIATED PRESS

Penn State sex abuse. Complaints about Sandusky showering with children allegedly not properly reported

Former Penn State president Graham Spanier was arraigned and released on bail at a brief court appearance Wednesday on charges he lied about and concealed child-sex-abuse allegations involving former assistant football coach Jerry Sandusky.

Spanier, accompanied by his wife, signed paperwork after his bail was set at $125,000 US, but he was not required to post any of that amount. He was ordered to forfeit his passport and be fingerprinted. He didn’t enter a plea.

Afterward, defence attorney Elizabeth Ainslie told reporters her client is “not guilty, absolutely” and disputed prosecutors’ claims Spanier conspired with university athletic director Tim Curley and vice-president Gary Schultz. She said Spanier, who testified before a grand jury in the matter, has not been given the opportunity to present his side of the story.

“This wasn’t a conspiracy of silence,” she said, echoing the charge made last week by state Attorney General Linda Kelly. “That is ridiculous.”

THE ASSOCIATED PRESS

Graham Spanier

The school’s former president has claimed he’s being framed for political purposes.

- He was charged last week with perjury, obstruction, endangering the welfare of children, failure to properly report suspected abuse and conspiracy.

U.S. army. Two female officers admit sending nude photos to general

U.S. army Brig. Gen. Jeffrey Sinclair
U.S. ARMY/THE ASSOCIATED PRESS

Two female U.S. army officers testified Wednesday they provided nude photos to a general facing sex-crime charges.

One of them, a married captain, testified that Brig. Gen. Jeffrey Sinclair repeatedly asked her to send him nude photos of herself, which she said made her uncomfortable, the Fayetteville Observer reported. Eventually, she said she placated the married general by sending him downloaded pornographic photos of other women, cropped so that their faces weren’t visible.

The testimony came during the third day of a hearing at Fort Bragg to determine whether Sinclair will go on trial for multiple criminal charges including forcible sodomy, wrongful sexual conduct and adultery, which is a crime under the U.S. military justice system. The allegations against Sinclair involve relationships with five women other than his wife.

Sinclair served as a deputy commander of the 82nd Airborne Division in Afghanistan until he was relieved of his duties in May amid a criminal investigation and sent back to North Carolina.

A female major also testified Wednesday that she sent photos of her breasts and a personal video to Sinclair.

The major said she had served as a company commander under Sinclair and that they became friends after they were no longer in the same chain of command.

THE ASSOCIATED PRESS

Snowboarder and booze

Olympian’s hotel mayhem settled in Nashville court

A Nashville judge signed off Wednesday on a deal between two-time Olympic gold medallist snowboarder Shaun White and prosecutors to settle public-intoxication and vandalism charges.

Susan Niland, the Nashville district attorney’s spokeswoman, said prosecutors agreed to dismiss charges if White completed alcohol treatment, performed 24 hours of community service and paid restitution. The vandalism charge was dismissed on Wednesday because White already has paid restitution to the Nashville hotel where police say he drunkenly destroyed a telephone.

THE ASSOCIATED PRESS

Capital punishment

Californians vote: Death penalty to stay despite costs

California voters rejected the latest attempt to repeal the state’s death penalty, dealing a blow to activists who saw the election as their best chance to end capital punishment there. Officials were still counting ballots, but it was apparent Wednesday that voters rejected a measure to end the death penalty by a margin of 52 per cent to 48 per cent. The defeat came even though recent polling showed concern growing over the cost of capital punishment.

The state has executed just 13 convicts, and its death row has ballooned to 726 inmates since capital punishment was reinstated in 1978. THE ASSOCIATED PRESS

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Guatemala quake kills dozens

Central America.
Temblor is the strongest to hit the country since a 1976 quake that killed 23,000

A 7.4-magnitude earthquake rocked Guatemala on Wednesday, killing at least 39 people as it toppled thick adobe walls, shook huge landslides down onto highways, and sent terrified villagers streaming into the streets of San Marcos, an idyllic mountain town near the border with Mexico. One hundred people were missing, and hundreds more were injured.

The quake, which hit in the midst of the work day, caused terror over an unusually wide area, with damage reported in all but one of Guatemala's 22 states and shaking felt as far away as Mexico City.

San Marcos, where more than 30 homes collapsed, bore the brunt of the temblor's fury. More than 300 people, including firefighters, policemen and villagers, worked at a sand-extraction site to rescue seven people reported buried alive, including a six-year-old boy who had accompanied his grandfather to work.

"I want to see Giovanni! I want to see Giovanni!" the boy's mother, Francisca Ramirez, frantically cried. "He's not dead. Get him out."

President Otto Perez Molina said more than 2,000 soldiers were deployed from a base in San Marcos to help with disaster relief. A plane had already made two trips with special disaster-relief teams to the San Marcos area.

He asked that civilians in the country of 14 million stay put and not travel on highways because of landslides and debris. He also encouraged people in the affected areas to stay outside and away from tall buildings.

David de Leon, spokesperson for civil protection, told radio station Emisoras Unidas that officials were working on evacuations and disaster relief. There were four strong aftershocks by late afternoon.

THE ASSOCIATED PRESS

Online

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Residents walk around rubble and a damaged car after a 7.4-magnitude earthquake struck the mountain village of San Marcos, Guatemala, Wednesday.

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Netanyahu needs to mend ties with Obama

Tilt toward Romney. Israeli leader has decades-old friendship with Republican challenger and his campaign bankroller, U.S. casino billionaire Sheldon Adelson

U.S. President Barack Obama's re-election has left Israel's prime minister in a bind.

Benjamin Netanyahu repeatedly has clashed with Obama and was widely seen as backing Republican challenger Mitt Romney in the American election. Yet in the coming months, Netanyahu may need American support more than ever as the Palestinians seek upgraded recognition at the UN and the world grapples with the Iranian nuclear program.

"It seems like it is not such a good morning for Prime Minister Benjamin Netanyahu," Israeli Cabinet minister Eli Yishai told reporters early Wednesday as news of Obama's victory emerged.

The concern reflected the widespread perception in Israel that poor personal chemistry between the two leaders could affect the broader relationship between their governments, particularly if Netanyahu is re-elected in upcoming parliamentary elections. The Israeli leader is the front-runner in the Jan. 22 race, according to polls.

The chilly relations are a result of style and substance. The two men have vastly different world views — Netanyahu's hawkish positions on security and support for free-market capitalism are much more in line with the Republicans — and they have never appeared comfortable with one another. THE ASSOCIATED PRESS

U.S. President Barack Obama meets with Israel's Prime Minister Benjamin Netanyahu in Washington in this March file photo. Netanyahu will need American support as the Palestinians seek upgraded UN recognition and the world grapples with Iran's nuclear program. THE ASSOCIATED PRESS FILE

Settler homes. European powers criticize Israel's decision to move ahead

Germany, Britain and France criticized Israel on Wednesday over its decision to go ahead with the construction of more than 1,200 new homes for Jewish settlers in east Jerusalem and the West Bank.

The three European powers warned that the move could jeopardize efforts to restart the Mideast peace process. Palestinians regard the areas where the homes will be built as part of their future independent homeland.

Israel insists the settlements issue will be resolved when borders are defined through negotiations. Unlike the Palestinians and the rest of the international community, it claims annexed east Jerusalem as part of its capital and does not consider the Jewish areas there to be settlements.

More than 500,000 Israelis have moved to the West Bank and east Jerusalem since Israel captured those territories and Gaza in 1967. Israel withdrew soldiers and settlers from Gaza in 2005. THE ASSOCIATED PRESS

Behind the move

Israel's announcement Tuesday is seen as a signal to the Palestinians that they should consider the possible consequences of asking the UN General Assembly this month to upgrade their status to non-member observer state.

- The 193-member General Assembly is dominated by countries sympathetic to the Palestinian cause and the petition for a status upgrade is assured.
- Last year, the Palestinians failed to receive the necessary approval from the UN Security Council for their bid to become a full member state.

Israel politics

Peres squelches talk of running for PM in January

Israeli President Shimon Peres is playing down speculation that he might run for prime minister.

The 89-year-old Nobel peace laureate said Wednesday he plans on completing the final two years of his term.

The presidency is a respected but largely ceremonial post.

Aides to Peres said political operatives from various centrist parties have asked him to return to politics as head of a dovish bloc. Peres is seen as one of the few figures capable of challenging Prime Minister Benjamin Netanyahu in January's parliamentary elections. THE ASSOCIATED PRESS

Georgia tensions

Presidents' men walk out over abuse arrests

Supporters of President Mikhail Saakashvili walked out of Georgia's parliament Wednesday to protest the arrests of the top military officer and a former defence minister in connection with the alleged abuse of soldiers.

The arrests and the walkout marked the most serious outburst of tensions since the Oct. 1 parliamentary election, in which a coalition led by billionaire businessman and philanthropist Bidzina Ivanishvili defeated the ruling party. Ivanishvili became the new prime minister, but Saakashvili remains president for another year. THE ASSOCIATED PRESS

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Winnipeg

First Nations students ousted from school

Children evacuated from a flooded Manitoba First Nation are being dispersed again — this time for their education.

The 85 children from Lake St. Martin First Nation were among hundreds of community residents who were taken to Winnipeg after severe flooding in the spring of 2011.

The kids have been going to school together in a rented building in Winnipeg, leased by the federal government. But the building was found by city fire officials last week to have violated fire-code regulations.

In a written statement, the department of Aboriginal Affairs and Northern Development said it had to ensure the kids could continue their education.

The children are now going to different public schools — a move that has upset the Assembly of Manitoba Chiefs, who stated in a letter to the federal government that they will suffer from discrimination. THE CANADIAN PRESS

A long lost First World War medal home in time for Remembrance Day

Auctioned on eBay.
Bike-club member returns native soldier's Victory Medal to its rightful owners

The medal awarded to a battle-scarred First World War soldier has been returned, almost a century later, to his family in the Mohawk community where he lived.

In 1919, Pte. James Beauvais returned from Europe with shrapnel in his chest and limited use of his left arm. Like all victorious Canadian and British soldiers, he was awarded a Victory Medal before being discharged. The postwar period was filled with tragedy.

He suffered from chronic physical pain and emotional anguish that would be described today as post-traumatic stress disorder or "shell shock."

He abandoned his wife and young daughter and drifted out West. Within a decade Beauvais was dead. He was buried in a modest grave, more than 2,000 kilometres from home.

Now his medal has completed a long journey home.

It was returned several weeks ago to his great-niece, Lynn Beauvais, at the Royal Canadian Legion branch in Kahnawake, Que.

The story of its path home includes a motorcycle club and eBay.

Normand Carrieres, a part-Wendat who rolls as a part-time biker in the Rolling Thunder club, routinely checks the online auction sites for bike parts, medals and military memorabilia.

The medal, listed "WW1 Victory Medal to Native Canadian, Pte. James Beauvais," jumped out. He had read Johnny Beauvais' book "Kahnawake: A Mohawk Look at Canada, Adventures of Big John Canadian."

His motorcycle club, Rolling Thunder, is closely tied to veterans' causes. Through the club, Carrieres developed a kinship with a number of aboriginal veterans across North America. They included Gene Montour, the district commander of the Kahnawake Legion branch.

A Victory Medal awarded to First World War soldier Pte. James Beauvais is shown by his great-niece, Lynn Beauvais, on Wednesday in Khanawake, Que. The lost medal has been returned, almost a century later, to his family in the Mohawk community where he lived. PAUL CHIASSON/THE CANADIAN PRESS

Carrieres won the medal with four seconds left in the eBay auction. After the auction, Carrieres heard that the Beauvais were looking for the person who had won it.

He learned the news while buying cigars at one of Kahnawake's contraband cigarette shops.

He contacted the local newspaper, the Eastern Door, and set up a meeting with Lynn Beauvais.

Lynn Beauvais was moved to near tears when Carrieres returned the family heirloom.

"It felt like he was making it happen," Lynn Beauvais said of the discovery.

The final step for her and her sisters will be to transport James' remains back to Kahnawake.

If it is not too expensive, she says, she wants to travel to Winnipeg with soil from the community and exchange it with some from his grave.

THE CANADIAN PRESS

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Scientists warn new tech could mean abuse at work

Superhuman workers. Performance-boosting pills, surveillance tech could soon become mandatory: Report

Academics from Britain's leading institutions say attention needs to be focused on the consequences of technology that may one day allow — or compel — humans to work better, longer and harder.

Barbara Sahakian, a Cambridge neuropsychology professor, cited research suggesting that 16 per cent of U.S. students already use "cognitive enhancers" such as Ritalin to help them handle their course loads. Pilots have long used amphetamines to stay alert. And at least one study has suggested that the drug modafinil could reduce the number of accidents experienced by shift workers.

But bioethicist Jackie Leach Scully of northern England's Newcastle University worries that the use of such drugs might focus on worker productivity over personal well-being.

"Being more alert for longer doesn't mean that you'll be less stressed by the job," she said. "It means that you'll be exposed to that stress for longer and be more awake while doing it."

The report also noted bionic limbs like the one used this week by amputee Zac Vawter to climb Chicago's Willis Tower or exoskeletons like the one used earlier this year by partially paralyzed London Marathon participant Claire Lomas. It also touched on the development of therapies aimed at sharpening eyesight or cochlear implants meant to enhance hearing.

Scully said any technology that could help disabled people re-enter the workforce should be welcomed but society needs to keep an eye out for unintended consequences.

"One of the things that we know about technology hitting society is that most of the consequences were not predicted ahead of time and a lot of things that we worry about ahead of time turn out not to be problems at all," she said.

The researchers also noted "life-logging" devices like Nike Inc.'s distance-tracking shoes or wearable computers such as the eyeglasses being developed by Google Inc. The shoes can record your every step; the eyeglasses everything you see. Nigel Shadbolt, an expert in artificial Intelligence at southern England's University of Southampton, said such devices are as little as 15 years away from being able to record every sight, noise and movement.

So do you accept if your boss gives you one?

The report was drawn up by scientists from the Academy of Medical Sciences, the British Academy, the Royal Academy of Engineering and the Royal Society. THE ASSOCIATED PRESS

Real possibilities

"We're not talking science-fiction here."

Geneva Richardson, the King's College law professor who oversaw the report

Consequences

Bioethicist Jackie Leach Scully said workers may come under pressure to try a new memory-boosting drug or buy the latest wearable computer.

- "In the context of a highly pressurized work environment, how free is the choice not to adopt such technologies?" she asked.
- Union representatives appeared taken aback at the possibilities, such as long-distance truck drivers being asked to take alertness drugs.
- "We would be very, very against anything like that," said James Bower, a spokesman for Britain's United Road Transport Union. "We can't have a situation where a driver is told by his boss that he needs to put something in his body."

Prehistoric Proboscidean

Archeologists work along a riverbank east of Paris on Oct. 30 after unearthing a near-complete skeleton of a mammoth, christened "Helmut." The remains, dating back over 200,000 years, were discovered accidentally during excavations at an Ancient Roman site.

DENIS GLIKSMAN/THE ASSOCIATED PRESS

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In this Oct. 30 photo, Syrian rebels carry a wounded comrade in a blanket away from the frontline in the town of Harem, Syria. Despite two weeks of attacking a Roman-era citadel in which pro-Assad militia are dug in, the rebels failed to secure the town. MUSTAFA KARALI/THE ASSOCIATED PRESS FILE

U.K. plans direct talks with Syrian rebels as violence escalates

Damascus clashes. U.K. PM Cameron says Obama win is an opportunity to do more to stop ongoing conflict in war-torn Syria

Syrian rebels made a new push into Damascus on Wednesday, clashing heavily with troops in the rebellious suburbs of the capital and firing mortars at a presidential palace and a Palestinian refugee camp, activists said.

The regime stronghold of Damascus has seen a surge in violence this week with some of the fiercest clashes in months. In recent days, opposition fighters also stepped up assaults on high-ranking supporters of President Bashar Assad in the capital.

The rebels also have been trying to break the resistance of a pro-government Palestinian faction, which could drag the half-million Palestinian refugees in Syria into the civil war.

The new challenge from rebels in the capital comes as the U.S. and Britain take steps to bolster the fragmented Syrian opposition. British Prime Minister David Cameron said his government planned to change its policy and deal directly with opposition military leaders. Previously, Britain has had contacts only with exile groups and political opposition figures inside Syria.

He urged newly re-elected U.S. President Barack Obama to join the Britain in opening direct talks with rebel fighters, and said they must do more to end the civil war that has killed more than 36,000, according to activists' tallies.

Rebels fired several mortar rounds at the Syrian president's residence in central Damascus on Wednesday morning but failed to hit their mark, said Bassam al-Dada, an adviser to the commander of the Free Syrian Army.

THE ASSOCIATED PRESS

Health

Assad regime seizing medical aid, claims Syrian medical group

President Bashar Assad's regime is confiscating much of the medical aid that the Syrian Arab Red Crescent in Damascus tries to distribute, a spokesman for a Syrian medical-aid group said Wednesday.

Dr. Tawfik Chamaa, a Syrian doctor in Geneva and spokesman for the Union of Syrian Medical Relief Organizations, said that as much as "95 per cent of everything that is sent to Syrian Red Crescent headquarters in Damascus goes to support the Syrian regime." THE ASSOCIATED PRESS

Syria. Western efforts to push out Assad ramp up in wake of U.S. election

Western efforts to oust Syrian President Bashar Assad shifted dramatically Wednesday, with Britain announcing it will deal directly with rebel military leaders. A Turkish official also said his nation has held discussions with NATO allies, including the United States, on using Patriot missiles to protect a safe zone inside Syria.

The developments came within hours of President Barack Obama's re-election. U.S. allies anticipate a new, bolder approach from the American leader to end the deadlocked civil war that has killed more than 36,000 people since an uprising against Assad began in March 2011.

U.S. officials said Patriots or other assets could be deployed to Turkey's side of the border for defensive purposes against possible incursions, mortar strikes and the like.

But Washington isn't prepared to send any such equipment inside Syria, which would amount to a violation of sovereignty and a significant military escalation, said the officials, who spoke on condition of anonymity because they weren't authorized to speak publicly on the matter.

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STIs

L.A. County voters approve mandating condom use by porn performers

Los Angeles County voters have approved a measure requiring porn performers to wear condoms while filming sex scenes, prompting a pledge by the adult-entertainment industry to sue to overturn the measure.

With 100 per cent of the county's precincts reporting, Measure B passed 56 per cent to 44 per cent in Tuesday's election.

The measure requires adult-film producers to apply for a permit from the county Department of Public Health to shoot sex scenes. Permit fees will finance periodic inspections of film sets to enforce compliance.

The AIDS Healthcare Foundation, which sponsored the initiative, says the measure will help safeguard the public, as well as porn workers, from sexually transmitted infections.

But the adult-film industry, which is largely centred in the San Fernando Valley in suburban Los Angeles, says the requirement is unnecessary since the industry already polices itself by requiring performers to undergo monthly tests for HIV and other infections.

The industry also says porn viewers will not watch sex scenes with condoms, forcing adult-film producers to relocate to where they can make movies that will sell. THE ASSOCIATED PRESS

New Brunswick

Man charged with trying to impersonate a doctor

A New Brunswick man has been charged with identity fraud for allegedly trying to impersonate a doctor.

The 26-year-old Woodstock, N.B.-area man is accused of claiming to be a physician when he called a local pharmacy earlier this week. CJCJ/THE CANADIAN PRESS

A novel explanation for regional baby boom

Fifty Shades of Grey. Windsor hospital executive says racy book's release coincides with recent spike in baby deliveries

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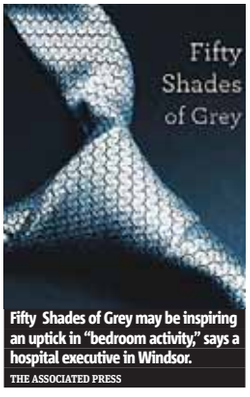

Fifty Shades of Grey may be inspiring an uptick in "bedroom activity," says a hospital executive in Windsor. THE ASSOCIATED PRESS

In the past week, Windsor Regional Hospital has delivered 80 babies, a 30 per cent spike over the average.

What's to blame for the sudden baby boom? One hospital executive says it's the popular novel Fifty Shades of Grey.

"The timing is suspiciously close," says David Musyj, president and CEO of WRH in Windsor, Ont.

The erotic novel, by British author E.L. James, was released in Canada at the beginning of 2012. It chronicles an intimate relationship between a college graduate and a business tycoon and garnered attention for its explicit sex scenes.

Although he hasn't read the book or any of its sequels, Musyj has been told the story "promotes increased levels of bedroom activity."

Musyj admits his conclusion is "unscientific," but says there is often a correlation between certain events and spikes in the birth rate. The 2003 blackout led to an increase in births, and a similar pattern occurs after a new collective agreement is negotiated with any of the big three automakers, Musyj said.

In the case of the recent spike, Musyj says the popularity of the Fifty Shades series is the only thing hospital staff could point to as a cause.

"It's not like Windsor had a cold winter," he said.

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Ice-skating season already?

A general aerial view of the Ice Rink Canary Wharf in central London, which officially opened Wednesday, with the O2 Arena dome seen at centre in background. The ice rink venue is open to the public for the winter season. DAVID PARRY/ PA/THE ASSOCIATED PRESS

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Name that online bully and ban anonymity: MP

Cyberbullying. It's a life-and-death issue for some kids and many people want to do something to stop it. But what will work?

JESSICA SMITH
Metro in Toronto

After reading some vile, anonymous online comments, Conservative MP Dean Del Mastro has decided the government should consider ending people's ability to post anonymously on the Internet.

"One of the best ways to end online and electronic bullying, libel and slander would be to force people posting hurtful comments to properly identify themselves," he posted on his Facebook page on Oct. 25.

He brought the same message to the House of Commons when he suggested banning anonymity wouldn't get in the way of free speech.

"While I believe firmly that the right to free speech must be strongly defended and protected, I also believe it should be backed up by the common decency to stand by one's words as opposed to hiding behind online anonymity," he said.

Del Mastro declined Metro's request for an interview on the issue, so it is unclear what specific actions he thinks the government should take or how banning Internet anonymity could be enforced.

Nathalie Des Rosiers, a lawyer with the Canadian Civil Liberties Association, says judges would strike down a law that prohibits anonymity online.

"It's difficult to imagine how we can protect freedom of expression without protecting some form of anonymity with websites and comments online," she said. "It's essential to recognize that good intentions of having people stand by their words chill and prevent many useful expressions that cannot be done publicly."

People choose to be anonymous online for many constructive reasons, she said. They include being a whistleblower, reporting incidents of bullying or just having a social or political conversation that they would not want their families, friends or employers to know about.

"In my view, the real answer to vitriolic, terrible, nasty comments on the web is not to engage with them," she said. "The people who do vitriolic things — their greatest reward is when we respond and give them an additional platform."

Des Rosiers suggests teaching kids to be "resilient" against bullying would help them in a way that wouldn't deprive them of their rights.

Del Mastro isn't the only politician talking about bullying. The NDP is asking for the federal government to strike an all-party committee to create a National Anti-Bullying Strategy. MP Dany Morin said the idea would be to consider the best means of combating bullying and then create a plan. But at this point he is unwilling to get into specifics about what the strategy might contain.

A senate committee is studying cyberbullying, but the report, originally scheduled for release in October, has been delayed.

'Caustic scourge'

"I read the comments of hundreds of anonymous posters online and was frankly shocked by the level of vitriolic hatred and personal attacks that were freely posted. Anonymous online attacks are, in my view, cowardly but they are no less hurtful and represent a caustic scourge that is harming too many in our society."
MP Dean Del Mastro

Intervention is key

Teach kids not to stand by: Expert

Dr. Claire Crooks CONTRIBUTED

There's no quick fix to stop bullying, but appealing to kids' empathy and urging them not to stand passively by is a good start, says a researcher on the subject.

Dr. Claire Crooks, who studies bullying at the University of Windsor and Toronto's CAMH Centre for Prevention Science, says depriving bullies of their audience is key. Most bullying occurs in front of peers and is committed by kids looking for attention. They also do it to make people laugh, which makes them feel powerful. Young bystanders who stand up to bullies or report bullying to adults are an effective deterrent, she says.

"Research is finding that kids who intervene in bullying are more likely to say their parents expect them to do that," she said. "So, just by talking to your children about what you expect them to do when someone else is getting picked on, that can have an impact."

It's more difficult to understand the role of the online bystander.

"It's easier for kids to cyberbully than bully because there's that anonymity," she said. "One thing's becoming clear — with cyberbullying, there really needs to be a joint response with parents, communities and police. So many of these cases are crossing the line into cybercrime."

JESSICA SMITH/METRO IN TORONTO

Engaging with kids

"The question parents need to be asking is not just how do I know if my kid's being bullied, it's how do I know if my child is involved in bullying? How do I know what role my child plays when others are being bullied? Those are the kinds of conversations we should be having with our children."
Dr. Claire Crooks

Rights and responsibilities

Privacy not a shield from the law

The right to privacy doesn't extend to anonymous bullies, Ontario's privacy commissioner says.

"Obviously, I'm a great believer in privacy — I'm the privacy commissioner — but I think you forfeit your right to privacy when you go online to victimize someone else," Ann Cavoukian said. "Privacy isn't there to enable you to do unacceptable behaviour that is harmful to others."

Cavoukian urges parents, teachers and students to discuss bullying publicly, while respecting the privacy rights of the victim. For example, teachers can help deter bullying by publicizing incidents and the consequences perpetrators face, but refrain from naming the bullies and victims.

She believes police have all the laws they need to police bullying when it becomes criminal and trace anonymous cyberbullies.

To hear more of her views, see her anti-bullying video at ipc.on.ca.

JESSICA SMITH/METRO IN TORONTO

Targeting cybercrime

Give us more disclosure: RCMP officer

Tad Milmine CONTRIBUTED

On his days off, RCMP Const. Tad Milmine of Surrey, B.C., talks to small groups of students about bullying. On the job, he'd like to have more power to uncover cybercriminals more quickly.

"I'm not saying divulge everyone's personal information — I'm far too busy to just be nosy — but if I need to know information because somebody's receiving a death threat through the computer, to get a warrant for that or a production order for that, it takes a long time," he said.

Milmine, and many police services, support a Conservative bill that would make Internet service providers disclose a user's name and information to police without a warrant.

Some companies already do, Milmine says.

"Facebook is our best friend when it comes to investigations," he said. "If there's something serious, or imminent danger to a youth, Facebook will give us all the information within a day. They'll give us everything. There's no warrants, no production orders — they're terrific."

To read about the anti-bullying lesson Milmine gives young people on his days off, go to metronews.ca.

JESSICA SMITH/METRO IN TORONTO

Students speak out

Look beyond laws to end bullying: Teens

Bill Belsey CONTRIBUTED

A group of students brought a message for Canadian politicians studying cyberbullying: Laws won't stop it.

Alberta teacher and anti-bullying activist Bill Belsey helped some of his students from Springbank Middle School speak to senators on a committee studying cyberbullying last spring. Most said kids their age need something more concrete.

"I just do not think that teenagers would listen. It just does not seem real enough," student Mariel Calvo said. "What I think we should do is get people speaking about it, get people aware, and make sure that everybody knows how it harms people, how it consumes your life completely."

Student Molly Turner said a law probably wouldn't have an effect right away, but could help make bullying less socially acceptable.

"For example, it is now illegal not to wear a seat belt, but, not so long ago, that was acceptable," she said. "If the government were to set up a very definite consequence for anyone breaking the law on cyberbullying, it may make it unacceptable in society. It would not solve everything and not right away, but it, along with other measures, might help."

JESSICA SMITH/METRO IN TORONTO

ISTOCK

A ‘noogie’ never hurt me: Vice mag founder

Long before teens posted nasty comments on their friends’ Facebook pages and adults took surreptitious photos of Walmart shoppers to post and mock on peopleofwalmart.com, there was Vice magazine. It pioneered the art of matching photos of regular people with cutting comments.

Gavin McInnes, a founder of Vice who cut ties with the magazine in 2008, created the infamous Dos and Don’ts in early ’90s Montreal. A bully by today’s standards, he argues that bullying — especially the old-fashioned noogie and purple nurple — is good for children.

Dos and Don’ts were photos taken of people out in public — knowingly or unknowingly — paired with humorous insults or lecherous and offensive compliments. It began when Vice was based in Montreal and continued as a staple of the magazine when its founders moved it to Brooklyn and found worldwide success.

“But now, with Instagram and all that, the whole thing has become moot. Everyone is a Dos and Don’ter,” McInnes said.

He says bullying has changed over time.

“When I was a kid, bullies weren’t necessarily a bad thing,” he said. “You got a wedgie. No one wore glasses when I was in school because you’d be a ‘four-eyes.’ Now, all kids have glasses.”

McInnes says legal attempts to stop cyberbullying won’t help children. High-profile cases of kids who kill themselves after they’ve been bullied are not enough to prove a crisis, he said.

“To cling to that I’m sure sells papers and makes people feel special and makes people feel that they’re righteous, but the mathematical truth of it is it’s not a major problem and the worst thing you could do would be to try to fix this fake problem by regulating people. Sorry, someone called you fat. Sorry, you were bullied online. That’s called high school.”

McInnes fondly recalls his childhood, when he says bullies were respected as tough guys that you’d want to be, and kids were tough enough to ride their bikes barefoot until their soles were like leather.

“Every kid had a cast on, we wouldn’t wear a helmet, we didn’t have car seats, and then you go into the real world and you can fight and survive,” he said. “Now we have fat kids, sitting inside where it’s safe, playing video games, being regulated to extinction.

“You do a lot more disservice to a child when you make him scared of the world and when you put him in a protective bubble where it’s illegal for anyone to be mean to him. Mean is good, because the world is cruel.”

JESSICA SMITH/METRO IN TORONTO

Point and laugh

- Gavin McInnes recalls the first negative reaction he got from a Dos and Don’ts entry. It came from a woman whose shirt he said made her look like she had “penis tits.” She was mad and expected him to care, he said. “I guess people actually aren’t used to being antagonized, but that’s the secret to being funny.”

Anti-bullying: A cause célèbre

Anti-bullying has become a rallying point for celebrities who have been bullied themselves.

• Lady Gaga, who set up the Born This Way Foundation to fight bullying, said in the documentary Inside the Outside:

“The boys picked me up and threw me in the trash can on the street on the corner of my block, while all the other girls from the school were leaving and could see me in the trash and everybody was laughing — and I was even laughing ... And I remember even one of the girls looking at me like, ‘Are you about to cry? You’re pathetic.’”

• Possibly the most bullied teen in America, Rebecca Black, singer of the YouTube hit Friday, went on to become an anti-bullying spokesperson. She said in a press release for the PACER’s National Bullying Prevention Center:

“Bullying is something that affects so many and it can happen to anyone. I know what it’s like to have people make fun of you, and I know how much it can hurt. I just don’t want other kids to have to go through that.”

• Demi Lovato, an anti-bullying spokesperson with the Mean Stinks Campaign, told ABC News:

“I literally didn’t know why they were being so mean to me. And when I would ask them why, they would just say, ‘Well, you’re fat.’ I was bullied because I was fat. And then a few months later I developed an eating disorder, and that’s kind of what I’ve been dealing with ever since.”

JESSICA SMITH/METRO

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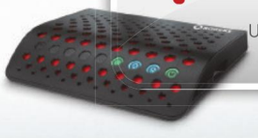

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Market Minute

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Natural gas: $3.57 US (-5¢)
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Switching to Skype

Microsoft nixes Windows Live Messenger

Microsoft is dropping its instant-messaging program and forcing most users to switch to Skype. Maintaining Windows Live Messenger made less sense after Microsoft Corp. bought Skype for $8.5 billion US last year. A new version of Skype released a few weeks ago allows users to sign in with a Microsoft account. THE ASSOCIATED PRESS

Confidential settlement

Deal reached in Canada Goose trademark case

A clothing retailer has settled a trademark-infringement lawsuit with Canada Goose over its distinctive parkas. Canada Goose sued International Clothiers Inc. earlier this year, accusing it of making shoddy replicas. THE CANADIAN PRESS

A solid stock-picking strategy

Investing. This is the second of our three-part series on getting into the stock market

IN THE MARKET
Bryan Borzykowski
For Metro

It won't come as a surprise to know that it's pretty difficult to predict where the stock market is headed. If we knew what would happen, we all would have sold our tech stocks in 2000, we would have exited the market in mid-2008 and we would have all jumped back in March 2009.

While bad economic news out of Europe does negatively impact markets, and while investors are worried about America's fiscal issues, it's foolish for the average person to make bets based on what may or may not happen in the world. The only way to really "play" the market is by investing in reliable, revenue-generating companies for the long-term.

What makes a company reliable? Typically, the best companies to own are in sectors that are impervious to an economic downturn. Food companies, for instance, do well in downturns because people always need to eat. Telecoms outperform too — no one wants to give up their Internet.

Dividend-paying companies have also been proven to be less volatile than non-yielding companies. The dividend — a payout by the company to shareholders — is often a focusing force for executives. They need to be prudent with their company's money; if they're not, and the dividend gets cut, investors will want to sell.

Large, multinational brand-name companies do well over the long-term too. Their size make it less likely that they'll go bankrupt, their international footprint means they have multiple avenues for growth and their brand name will keep people coming back for more. Think McDonald's, Coke and Procter & Gamble.

Whether you pick stocks or invest in mutual funds, these types of blue-chip stocks should form the basis of most people's portfolios. Some investors, though, may want to boost returns by buying what's called growth stocks. These are often small companies, with a market capitalization of under $1 billion. They're in cyclical sectors that outperform during boom times and they're companies with incredible growth. They are more volatile than blue chips, but, as the famous investing adage goes, risk equals reward.

It's actually a good idea to hold both. Large-cap stocks tend to appreciate slowly, though the dividend will help boost returns, while the share prices of small-caps can increase quickly. A combination should give you some growth without putting your entire portfolio at risk.

Whatever you choose to buy, make sure you're purchasing a company that isn't going to implode in the short-term.

So do your due diligence. Read what's on Morningstar.com — a popular investing website that analyzes stocks, mutual funds and exchange-traded funds — seek out analyst reports and comb through financial reports. If you don't have the time, talk to an adviser or buy a mutual fund, where the managers pick the stocks for you.

Ask any expert and they'll tell you not to try and time the market. If you stick to solid businesses that will perform well in any economic environment, then your portfolio will eventually rise.

If you stick to solid businesses that perform well in any economic environment, says columnist Bryan Borzykowski, your portfolio will eventually rise. ISTOCK

Next in the series

- **In Metro Friday:** Should you go it alone or go to an adviser? Plus, some online tools for the DIY types.
- **Online:** Missed Wednesday's column? Want to read Friday's now? Check out the whole package online at metronews.ca/tag/investing.

Bryan Borzykowski is a Toronto-based financial writer and the author of Building Wealth All-in-One for Canadians for Dummies. Contact him at bryanborzykowski.com or follow him on Twitter @bborzyko.

Terminology

Know your numbers

If you're checking out a potential buy online, here are three numbers to look out for.

P/E: A company's price-to-earnings ratio tells people how much an investor is willing to pay per dollar of earnings. Very generally, a P/E ratio lower than the market P/E means a stock is cheap; if the metric is above, the company may be expensive.

Dividend yield: This number tells you how much money the company is giving back to shareholders. It often has two numbers next to it — the first is the dividend per share, the second is the annual yield.

Price: The share price is, of course, important, but it shouldn't drive your investment decision. Apple costs $576, but it's trading at a cheap 13 times P/E. Look at the share price, then look at metrics such P/E to determine if the company is worth buying.

Targeted exposure: Chain gives young Canuck designers chance to shine

Target is teaming up with the Toronto Fashion Incubator to give an emerging designer a chance to create a line to be sold at its Canadian stores.

The discount giant is partnering with TFI for the TFI New Labels fashion-design competition. The annual contest is dedicated as a showcase for a select group of up-and-coming Canadian designers.

The TFI New Labels winner will receive a $25,000 cash award from TFI supporter and philanthropist Suzanne Rogers, as well as the chance to create an exclusive collection to be sold in Target stores across Canada in 2014. The winner will also receive a full-page editorial feature in Flare magazine.

Edmonton native Sid Neigum was named the TFI New Labels winner at TFI's 25th anniversary gala in May. The TFI New Labels winner will be announced next April.

TFI is a non-profit small-business centre that offers support and mentorship to budding Canadian fashion designers and entrepreneurs. The organization's concept has been adopted by cities worldwide, including New York, London, Milan, Melbourne, Auckland and Amsterdam.

Target plans to open 125 to 135 stores in Canada starting next year. THE CANADIAN PRESS

Customers check out at a Target in Albany, Calif. The U.S. retailer, which is coming to Canada next year, has announced it will partner with the Toronto Fashion Incubator to give a young Canadian designer a shot at having his or her clothes sold in the stores. GETTY IMAGES FILE

By the numbers

$25,000

The TFI New Labels winner will receive a $25,000 cash award from TFI supporter and philanthropist Suzanne Rogers, as well as the chance to create an exclusive collection to be sold in Target stores across Canada in 2014.

'Pay to pay.' NDP wants to outlaw paper-bill charges

Making people "pay to pay" is unfair and needs to be stopped, the federal Opposition said Wednesday, urging the Harper government to ban companies from charging fees for sending monthly bills by mail.

A number of telephone, Internet and other firms have recently begun charging customers fees if they want paper bills delivered.

"Making folks pay to pay," is a cash cow that needs to be put down, said New Democrat MP Andrew Cash.

"It isn't as though these companies are offering a new service for this," Cash told a news conference. "This is a new fee for an old service. It isn't fair."

Bell, as an example, says it charges $2 to offset the costs of producing and mailing a printed bill. There is no charge for getting a bill over the Internet.

Rogers Inc. also charges a $2 fee, but says it directs the money it collects to the Rogers Youth Fund. THE CANADIAN PRESS

Unfair fees

- NDP MP Andrew Cash says the "pay-to-pay" fees unfairly target seniors and families already struggling to pay their bills, as well as those who do not have regular access to the Internet or don't like paying bills online.
- He also says the companies reap huge savings already from customers who have voluntarily switched to online billing.

MEMO: ETIQUETTE AMENDMENTS

HE SAYS...
John Mazerolle
metronews.ca

The following changes are being implemented immediately. Please make a note of it.

- Effective without delay, you must wait for all departing passengers to get off transportation before you are allowed on it. For example, if there is a woman in her 80s attempting to leave a bus, you may no longer crowd on board as if it is the last ship leaving Krypton. Under the new guidelines, doing so makes you a jackass. If there is more than one person attempting to push on at the same time, this DOES NOT divide the jackassery between you. You each remain at Full Jackass. Thank you for your understanding.
- On Internet forums, you may no longer comment on crime or privacy issues with, "What have they got to hide?" or a similar variant when you write under a pseudonym such as SEXYGUY76. We apologize for any inconvenience.
- If you are walking down the sidewalk and refuse to give up an inch of shoulder territory to oncoming pedestrians, you will no longer be considered King of the Sidewalk, no matter how confident your strut. We take no responsibility for loss of ego that may result.
- Hitler may not be mentioned underneath any online political article unless Hitler is the subject of the article. Even then, give it a rest.
- Sitting on the outside of two empty bus seats and then not moving at all when somebody tries to sit on the inside seat, makes you worse than, uh ... Mussolini.
- Effective immediately, all strippers and bartenders are not into you, and are instead faking it because it's their job. Unless you're really, really sure, in which case you're the exception, loverboy.
- In person, you may no longer say any of the following: "We dialogued," "Besties," "Random!" and "Cold enough for ya?" Going forward, you may not use "Going forward."
- If attending televised golf, you may not shout, "Get in the hole!" after every putt, or I will find you and hurt you.
- You may not shove fatty, over-salted food into your gob and then go all Dr. Strangelove when you are offered a flu shot.
- No whistling of any sort. Ever.
- Yelling out the title of each song at a rock concert after a few notes is no longer amazing. It is now very annoying and will make you hated by everyone, including your future grandchildren.
- Please be informed that taking out your smartphone at live theatre makes you a horrible person, retroactive to when smartphones were invented. If you have any concerns, our representatives will be happy to show you many creative ways to conceal your phone.

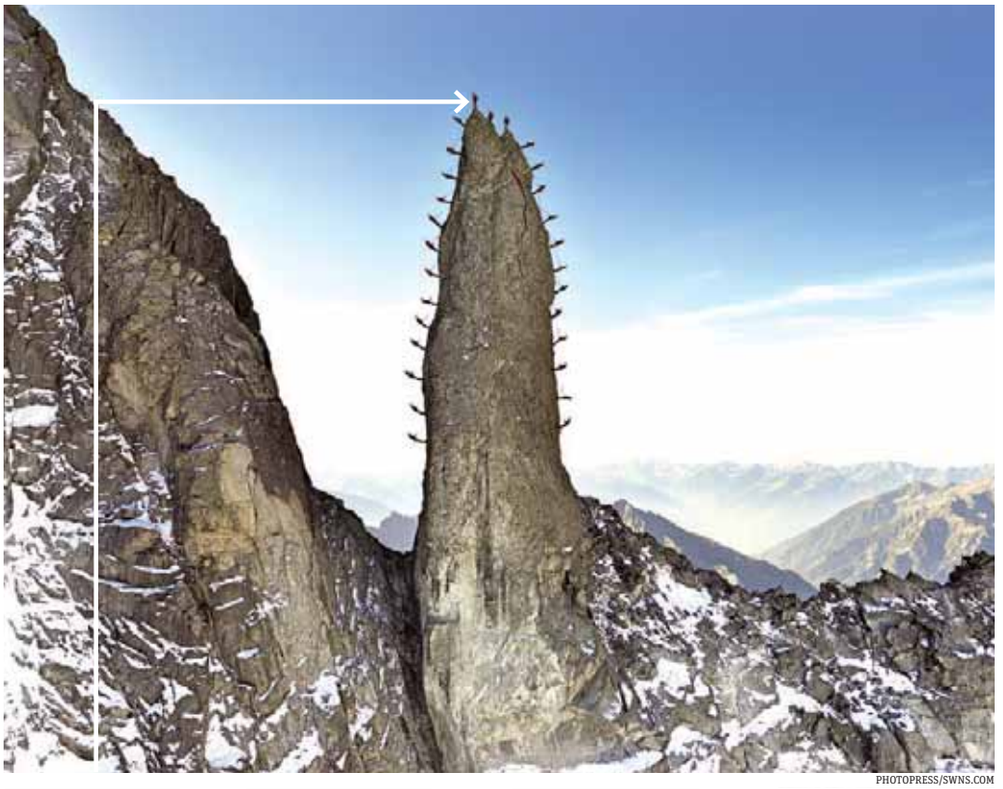
This concludes the list of changes.

You may have noticed most of the new rules only apply to jerks and fools. If you are neither jerk nor fool, please carry on as before. The only rule for nice, smart people is to chill out about kale. It's just cabbage, for God's sake.

Thank you for your time and consideration in these matters.

If attending televised golf, you may not shout, "Get in the hole!" after every putt, or I will find you and hurt you. Sincerely, John Mazerolle. GETTY IMAGES

They have topped Mount Symmetry



PHOTOPRESS/SWNS.COM

Mountain photo op

Climbers hang in sync on peak

A team of climbers created this display by symmetrically scaling this needle-like mountain. The crew of 28, from across Europe, travelled to Italy to take on the daunting Ago del Torrone, known as Cleopatra's Needle.

But instead of waiting until they all reached the vertiginous peak, they paused while in perfect symmetry. METRO

Photographer's view

"It took me about half a year to organize and prepare for this photograph. Everything from safety, taking the photo from a helicopter to weather conditions came into play."

Robert Boesch
Swiss mountaineering photographer

Inspirational summit

Aim was 'something very strange'

For mountaineer and photo organizer Robert Boesch, inspiration came from simply "trying to do something new, something very strange."

"For some time now, I have concentrated on taking photos of climbers in unusual positions on rock faces," he said.

"It makes the photo truly striking and memorable — that's what I wanted." METRO

Boesch and the climbers spent roughly six months getting ready for this stunning spectacle. THOMAS SENF/PHOTOPRESS/SWNS

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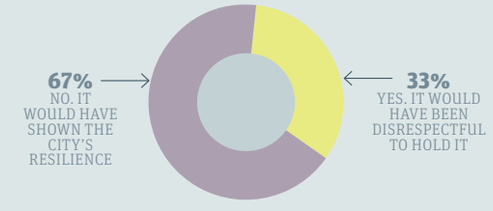
Should New York City have cancelled its marathon?



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People sleep on it but I would say #Ottawa can compete in anything with any other major city in #Canada!

@allanagraham:
Dear Ottawa Winter: go easy on me, I'm not ready for you yet. Sincerely, girl who is afraid to take off her snuggie.

@soduch:
I hope Obama comes back to Ottawa for his first second term international trip. I was out of the country the first time.

@StellartonGuy:
Ottawa & Toronto papers now telling me can read 10 items in 30 days for free then pay, METRO lets me look at Canada daily for free.Thanks

@Devsarah:
The U Ottawa gym used to be a fun place to shop for eye candy; then Movember came along.

metro

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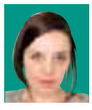
Beat goes on for aboriginal electronic dancehall duo

North Wind. Juno-nominated duo gets set to release its second album



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Ottawa duo Flying Down Thunder and Rise Ashen. CONTRIBUTED/FLYING DOWN THUNDER AND RISE ASHEN

Ottawa collaborators Eric Vani, a.k.a. Rise Ashen, a house music producer, and aboriginal singer Kevin Chief, a.k.a. Flying Down Thunder, continue to build momentum after being nominated for a Juno Award earlier this year.

Their debut album, One Nation, was nominated in the Aboriginal Album of the Year category. Now, the duo is set to release its second offering — North Wind — bringing together traditional Algonquin chanting with dance floor beats.

Vani says the Juno nod opened up a lot of doors for the pair.

"It was a pretty interesting experience and we're hoping to duplicate that again. I think this album is better than the first one so it would be a wonderful thing if that happened."

With North Wind, Vani and Chief invited a slew of artists they met over the last year to perform on the album. Nine-year-old Potawatami/Cree performer Lil Theland as well as Nano and Wabinokwey, two teenage Algonquin singers; local Ojibway artist Dawn Maria and even Chief's daughters make an appearance.

"We really wanted to honour our young people and, what better way to honour them then to bring them centre stage?" says Chief.

"We wanted to create a diverse album. I didn't want people to say, 'It's just chanting and a drum beat.' It's not just that. There's so much more to it, so many stories to share and so much diversity in the styles of singing through aboriginal people."

Though Vani and Chief have only been collaborating for a short while, the pair says its continues to grow.

"I think we really realized how tight we are as friends and as artists. When we got together at first, it was more or less just an idea," Chief says.

"We come from very different musical places," adds Vani. "He's very much a traditional, cultural singer and I'm very much a dance music producer and that's sort of what fuels the whole collaboration — the fact that we come from these two different worlds."

Vani likens their relationship to making a good soup.

"The first time you try the soup, it's pretty good. You can taste all of the different ingredients.

"But, the next time you warm it up, it's simmered and all of the ingredients have come together really nicely. That's the feeling I get from it."

New album release

- The new album from Flying Down Thunder and Rise Ashen, North Wind, will be available on iTunes this Friday.

Worlds apart

"He's very much a traditional, cultural singer and I'm very much a dance music producer and that's sort of what fuels the whole collaboration — the fact that we come from these two different worlds."

Kevin Chief, a.k.a Flying Down Thunder, on the musical differences between himself and collaborator Eric Vani, a.k.a Rise Ashen

LOOKING TO MAKE A CAREER CHANGE?
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Is scene in new Lincoln biopic a subtle nod to the man's sexuality?

Lincoln. Set in 1865, the great U.S. president shares an ambiguous moment with an aide as he stresses over his duties

NED EHRBAR
Metro World News in Hollywood

Daniel Day-Lewis plays Abraham Lincoln in Steven Spielberg's Lincoln AP PHOTO/DREAMWORKS, 20TH CENTURY FOX, DAVID JAMES

Late in Steven Spielberg's Lincoln, when Honest Abe (as played by Daniel Day-Lewis) is wrestling with the decision to press ahead on getting the 13th Amendment passed, he pays a late-night visit to the sleeping quarters of John Hay, a young aide (played by Joseph Cross).

There's much affectionate thigh-patting and hair-tousling. In the scene, Hay asked if Lincoln would like any "company" that night. Which got us to wondering: Was that scene meant to be seen as a subtle nod to the wide-ranging theories about Lincoln's personal life?

"You mean was he gay?" screenwriter Tony Kushner offers back with a grin. "I think there's a great deal of reason in the historical record to wonder. There's absolutely nothing definitive," he says.

"Given the number of people in Lincoln's very empyrean realm who were probably or definitely bisexual at least — Michelangelo, Shakespeare, et cetera — I'd say there might be some theory that one could generate that people who really are dealing in that realm aren't as limited by categories as the rest of us. And I think there is some evidence. I mean, Carl Sandburg said it in 1930. There are spots of lavender in Lincoln's early life, is the way he put it."

Sally Field, for her part, is rather particular of Mr. Lincoln, probably because she spent so long playing his wife, Mary Todd Lincoln. "I say no he wasn't," she says with a laugh. On a more serious note, she explains that back then, "men were so much more open with their affection for each other. Their letters to each other were, you know, 'My darling, I miss you.' They were extraordinary. 'I long to be in your presence.' And in today's homophobic world, you immediately go to that's where they are. Whether that's where they were or whether they dabbled, who knew?"

As far as Kushner — who won a Pulitzer Prize for the AIDS drama Angels in America — is concerned, this film isn't trying to say one way or the other. "I think that it's a mistake for historians to err on either side," Kushner explains. "I don't think we should jump into certainty where there is no certainty, but I also think historians should not say, as some have, he absolutely wasn't gay or bisexual. We don't know, and we will never know unless somebody discovers something lying around. So the question is for me, as Sally just said so eloquently at the Human Rights Campaign dinner, so what? Who cares who he wanted to sleep with? He was Abraham Lincoln, a great president."

One thing is for sure though, and that's that during the heated political action of the movie, Lincoln certainly wasn't getting frisky with anyone, male or female. "In 1865, I feel comfortable in saying in January he wasn't getting laid by anybody," Kushner says. "He was very busy the whole time."

Sure, but what about the scene in question? Even if the movie doesn't want to say definitively one way or the other if Lincoln was gay, was that late-night confab meant to be a nod to the theories about the sexuality of the 16th president? Yes, Kushner later confides to Metro. "You're exactly right."

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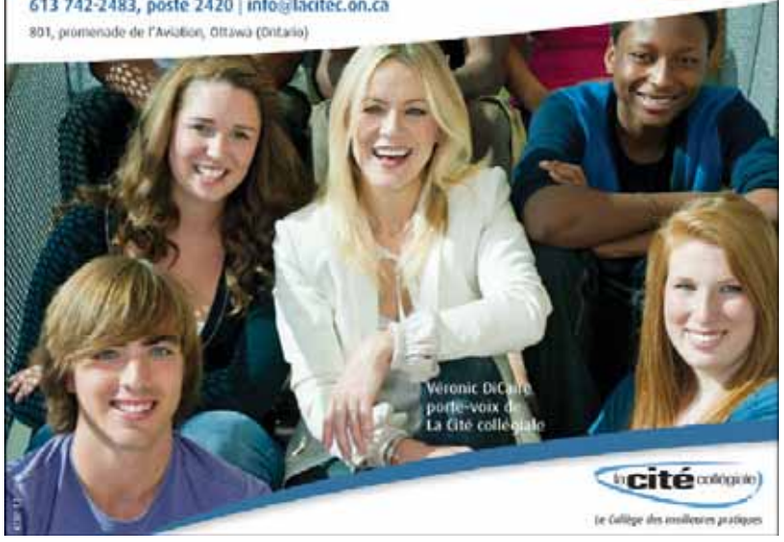

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Ne-Yo performing in Las Vegas. CHRISTOPHER POLK/GETTY IMAGES

Ne-Yo paints town R.E.D. to celebrate his musical blessing

Busy man. New album finds the R&B stalwart in reflective and thankful mood and saying it's his most well balanced project yet

G VALENTINO BALL
scene@metronews.ca

In the time since his last album, Ne-Yo has become a father for the second time, hit the big screen with a role in the George Lucas-directed Red Tails and recently took on the job of senior vice president of artists and repertoire at a little company known as Universal Motown (a job that music legend Smokey Robinson once held).

But even with a full plate, he says he is focused on making sure his newly released set R.E.D. — which stands for Realizing Every Dream is a success. He sounds quite content as he speaks about how art imitates life with the new album's title.

"I started setting a lot of dreams and aspirations for myself," he says about his childhood. "I wanted to win Grammys. I wanted the respect and appreciation of my peers. I wanted to travel the world behind my music and provide for my family. I can honestly say that from (the age of) nine until now at 33 years old, just about every dream I set for myself has been realized through music. This album is a celebration of that blessing."

On what he calls the most well-balanced project of his career, R.E.D. is split between R&B and dance tracks in an effort to satisfy his entire fan base. The result is an album equally as useful in the bedroom as it is in the club.

The singer/songwriter has been outspoken about the lack of passion in today's R&B. Yet even with his criticism, he is quickly able to point to a few artists that get him going.

"I love what Frank Ocean is doing with the R&B right now," he says. "He definitely has a different take on it. That's a good step in the right direction. I love what Miguel is doing."

Ne-Yo also admits that the criticism he offered to Trey Songz was premature.

"I had made some comments about Trey that I have to retract and apologize to him. I hadn't listened to Chapter V yet," he says of Songz's latest work. "He is putting the passion back in it. His performance is definitely there. There are steps (being made) to getting (R&B) back there. We just have to keep it going."

With his new role at Motown, Ne-Yo hopes to be able to do just that. He also says he likes the idea of being a part of history.

"I'd like to be instrumental in the revitalization of Motown," he says, "and more importantly ... I'd like to be able to take the knowledge that I have acquired and be able to pass it down."

Quoted

"I love what Frank Ocean is doing with the R&B right now."
Ne-Yo

Humble roots

- **Love of music.** Ne-Yo says that although he enjoys performing, what has always been more important to him is that he actually has a song that's worth performing. "At nine I discovered the beauty of songwriting," he says. "I didn't know if I was going to be an artist. I didn't know if I was going to play an instrument but I knew it was going to be music."

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HEIDI KLUM

Supermodel Heidi Klum will host of the upcoming MTV European Music Awards in Frankfurt this Sunday. We chat with her about the pressure of red carpet dressing and how she's prepping for her upcoming gig.

'I WEAR WHAT'S CURRENT, FUN AND TRENDY'

ROMINA McGUINNESS
scene@metronews.ca

What made you choose Versace for your wardrobe for the MTV EMAs?
A music awards show is very different from say, the Oscars. MTV is hip, young and fun. The Versace dresses I'll be wearing aren't glamorous gowns. They're short, hot and cool. Very rock and roll. When I saw what Donatella sent, I thought, "This is it!" Some of the pieces had to be made especially for me because the ones straight off the runway, don't always fit me. I'm not that thin.

Dressing up for an awards show must come with so much pressure! What are a few rules that you normally stick by in order to avoid bad photo-ops and worst dressed lists?
I'm not a very conservative person. I like to stay true to myself and stick to my instinct. When I fall in love with an outfit, I just go for it. I don't care what people are going to say.

When you look back on your awards show red carpet looks, are there any that you wish you could banish from the Internet forever?
No, even though people have put me on the worst dressed list a few times. I always think, "I liked the way I looked that day." Sometimes people go back 10 years and they're like, "Ha ha! Look what you were wearing!" Fashion changes. Maybe that hairdo and that kind of dress were really cool 10 years ago, but not today. I'm in fashion. I wear what's current, fun and trendy.

What was your favourite red carpet moment of all time?
I've worn so many great dresses so it's hard to pin it down to one. I've had Roberto Cavalli cut me out leather pants into super tiny shorts or there was this crazy lime green dress I wore with turquoise thigh-high boots. I've also gone to the Oscars with a beautiful red Galliano dress and a gigantic bun over my head.

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Taylor Lautner. ALL PHOTOS GETTY IMAGES

Lautner weighs in on the troubles of his co-stars

Since he's starred in all five Twilight films with Kristen Stewart and Robert Pattinson, it was only a matter of time before Taylor Lautner was asked to weigh in on Stewart's cheating scandal that broke this summer.

An interviewer for Cosmopolitan magazine got him to open up, though Lautner chose a very diplomatic route for his response.

"To be honest, I've never been involved in any of those situations, so I don't know if trust can be regained," he said.

"It would be just a guess and a shot in the dark, and I don't want to give that if I haven't even been there myself."

Robert Pattinson and Kristen Stewart.

Stewart playing coy on relationship

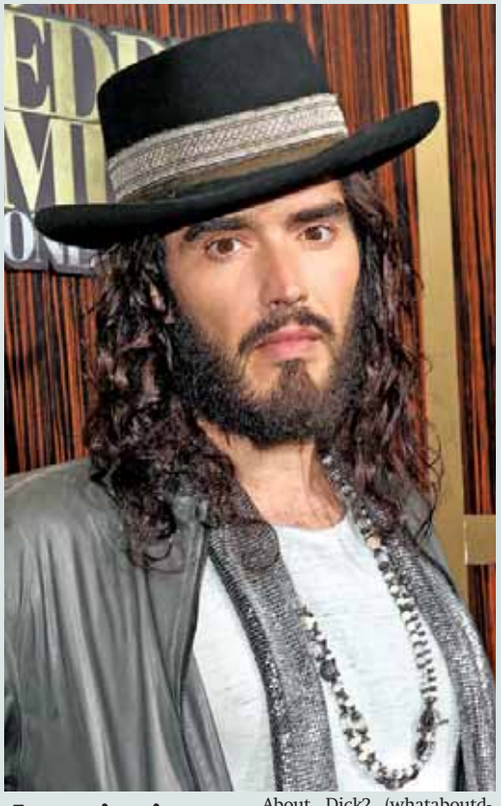
Looking for official confirmation that Twilight stars Kristen Stewart and Robert Pattinson have really reconciled in the wake of her cheating scandal?

Well, the woman herself isn't being much help in that department. When asked during an interview on the Today show if she and Pattinson are back together, she says, "Funny you mention that. I'm going to just let people watch whatever little movie they think our lives are. Keep 'em guessing, I always say."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Interviewing Russell Brand, one tweet at a time

NED EHRBAR
Metro World News

I've arrived at a publicist's office in Hollywood to chat with British comedian Russell Brand purportedly about his participation in What About Dick? (whataboutdick.com), a radio play-style stage show written by Monty Python alum Eric Idle.

But Brand has never been known to stick to the topic at hand. He enters with a banana, singing, "And I get so doggone lonesome."

He sits down, peels open the banana and says, "Come on in, mate. What do you need to know?"

Follow our conversation over the next few days at twitter.com/russellsmusings.

Megan Fox and Brian Austin Green.

Brian Austin Green credits Witherspoon for his cover up

Brian Austin Green and Megan Fox managed to keep the birth of their son a secret for more than a month.

And he says all the credit goes to Reese Witherspoon, as the world was too busy cooing over her newborn to notice, he tells Ryan Seacrest during an interview.

"We got really lucky," he says. "And I've been wanting to send Reese Witherspoon flowers for, like, a month and a half. She actually gave birth, I think, the day before us in Santa Monica."

Twitter

@kirstiealley
thank you for purchasing my book..it was a labor of labor and love...sweet dreams...see you tomorrow

@JKCorden
I just did a fake laugh to someone when they told me a political joke i didnt really get. Happens almost everyday.

@MariahCarey
Someone just told me it is Hello Kitty's birthday today!! haaaaa

@ConanOBrien
I'd never use this Twitter account to openly pander in hope of getting free stuff. Just wanted you to know, people at Garrett's Popcorn.

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SHOPPERS DRUG MART

Francesca Bracchi shows a bold case for Miu Miu. GIIA

Jonathan Saunders' girls get their cocktail legs. CONTRIBUTED

Poppy Delevingne on parade in brocade. MICHELLE BOBB-PARRIS

Cocktail trouser hour

The look. Cocktails needn't be the only thing in need of a shake and stir. See this season's glitzy trouser, which replaces the little black dress.

RICHARD PECKETT
life@metronews.ca

Trousers to a cocktail party? Here are a few reasons to give them a try: 1) Pants are more liberating and easier to dance in than a tiny little dress. 2) They're chic in a slightly unaffected, androgynous kind of way and 3) This season's flashy, embellished versions are bang on trend thanks to Stella McCartney, Jonathan Saunders, Miu Miu and a long list of others who worked the look into their autumn/winter collections. Go for a pair that is sufficiently showy. Think shiny metallics, textured brocade or trippy graphics. Wear them to the office with a button-down and blazer before changing into a festive top and skinny heels for night.

Fashion dictionary

- **Brocade.** A rich, intricate, jacquard-weaved fabric with a raised design, often in a gold or silver thread.
- **Jacquard.** A decorative weave created on a jacquard loom for damask and brocade fabrics.
- **Damask.** A figured fabric with a pattern that is self-coloured and visible on both sides.

Topshop

diamond jacquard trousers, $120, topshop.com

H&M

burgundy pants, $50, hm.com

Zara

capri pants with argyle jacquard, $80, zara.com

Miu Miu

cropped brocade pants, $1,050, net-a-porter.com

ASOS

premium floral trousers, $79, asos.com

SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 29

Strike a cord

Corduroy trousers make a comeback.
And no, they're not just for fusty old professors ... or Woody Allen for that matter.

RICHARD PECKETT
life@metronews.ca

The vertical ribs that run down cords are referred to as wales. The name derives from Middle English meaning "to mark with stripes". Sixteen ribs to an inch is known as a pinwale.

A wide wale, eight ribs to an inch, is often used on casual trousers. Thicker wales have a richer colour and are considered to be more casual.

Bulk up: Skinny chaps can add clout to a look with a thicker wale.

Gucci slim-fit corduroy trousers
$610
mrporter.com

Polo Ralph Lauren forest green Suffield straight cords
$206
my-wardrobe.com

Zara slim fit corduroy trousers
$59
zara.com

APC wide wale corduroy trousers
$250, apc.fr

He's no Woody Allen. GAETAN BERNARD

The Kit

Canadian street

Spotted in: Montreal

Doris Mattar

Owner of Ponyride and yoga aficionado

Age: 35

What she's wearing
Designer's Remix knit sweater, blouse and jeans. Locale booties

Her inspiration
"Fall means darker colours, yes, but I love this pastel sweater and matching pants."

THE KIT PHOTOBLOGGER: STEPHANIE BORIDY, LECHEAPCESTCHIC.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!

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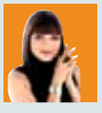

JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: Today's news about Ghesquiere leaving Balenciaga has everyone buzzing. But don't we all know that in fashion, the only constant is change?

@MaisonMinelle: I'm curious to see who replaces him.

@DUY_Collection: But, his style is so unique. It will make a big [hole in] the world of fashion. It makes me really sad.

@Jeanne_Beker: He'll surface somewhere else!

@Jeanne_Beker: With dapper @SteveAnthony @CP24, modeling a Versace vest donated by Off The Cuff. Sale tonite, 6-8!

@Jeanne_Beker: More fun on @EDITbyJeanneB set for the @AdditionElle plus size campaign. Tara Lynn is my hot model!

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Exploring the faux look of nature

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

One of the hottest trends in decorating has natural elements incorporated in a room, like wood, stone and fur. A country or modern look can take on an authentic and relaxed feel with a few of these elements.

Natural elements help keep a room's colour scheme neutral, yet add texture and interest.

Here's a grouping of on-trend, natural-looking decor products with a twist.

You see, all of these hot decor times are faux. There's no fur, wood, stone or wool here, so go ahead and get the look — the only thing real is the affordable price.

Leather

Add a warm, casual look to a fancy chandelier with the look of saddle leather. Faux Leather Chandelier Shades, $22, crateandbarrel.com.

Wool

Get that lodge look with the romance of the Hudson Bay point blanket — in cozy flannel. Flannel Multi-Stripe Sheet Set, $225/queen set. thebay.com.

Animal skin

Cover your floors with whimsy and style with a trendy animal skin rug. Exotica Tiger 3x5 all-wool rug, $112, ecarpetgallery.com.

Wood

Water resistant and easy-to-install wood-look vinyl floors give the warmth and character of a New York brownstone at a fraction of the price. Allure Chateau Vinyl Parquet, $3/square foot homedepot.ca.

Birch

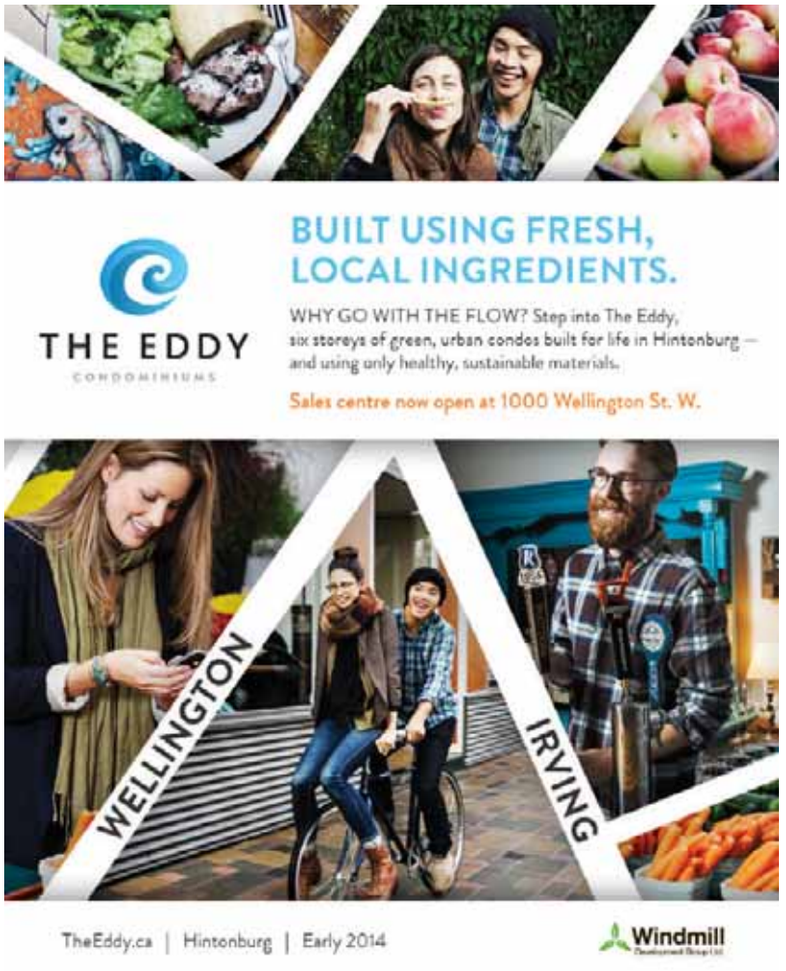
Sip a drink from what looks like a birch tree branch. Canadian Birch Straws, $14/box, anthropologie.com.

Fur

Add a touch of luxury to the corner of a sofa or the end of a bed. Spotted Lemur Faux Fur Throw, $99, urbanbarn.com.

Stone

Simple stone shapes offer a contemporary feel to the bathroom. Stone Resin Bath Accessories, $5-10, cb2.com.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The secrets of dry cleaning revealed

What is dry cleaning? How does it work? Is it really bad for my clothing or is this a myth?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I never really actually understood what dry cleaning was until I learned from my friend Jeremy Creed that dry cleaning has nothing to do with dry — but is in fact wet — just the opposite of what we think about it.

Clothes that are dry-cleaned will not go near water, but are in fact traditionally submerged in a dry-cleaning liquid. The most common of these chemicals is perchlorethylene, more commonly known as perc. Garments are submerged in perc for a short period of time.

The chemical removes the dirt from the garment and the garment is then dried, pressed and packaged for the customer.

Today, many dry cleaners also use different cleaning systems such as the commonly known wet cleaning systems. These actually use water in combination with different dry cleaning chemicals.

Here's a hint: It's more like wet cleaning. ISTOCK IMAGES

This wet cleaning system still isn't good for everything, but is slowly improving and getting better and better while becoming increasingly popular with professional dry cleaning companies.

Last but not least are the home dry cleaning kits. I personally have never been happy with the results. Particularly if you have a good piece of clothing that is expensive and a classic item you want to keep for many years.

What makes the dry cleaner so good at his or her job is not just the cleaning portion, but what happens to the garment after it has been cleaned. This includes steaming, pressing and packaging the item so that it stays at its very best.

Finally, I personally wouldn't use dry cleaning every day on all of my clothes, but there are times when it is absolutely necessary to dry-clean garments and times when it's not. I say everything in moderation and if you are going to pick a dry cleaner, make sure they are reputable.

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BBB

SPECIAL INFORMATION FEATURE

The Beer Knight rises

Distinction. Gary McClelland can help you discover classic beers at wine and food festival

JEFF O'REILLY
For Metro

Local cheers

- Kudos to Kichesippi for garnering some international recognition recently, winning both a gold medal for its 1855, and a bronze medal for its Natural Blonde at the World Beer Championships in Chicago. This respected tasting series features beers from all over the globe and it's always great to see our talented neighbours shine, confirming what we already know — our local brewers brew world-class beers.

It's that time of year again, when beer enthusiasts, wine lovers and foodies rejoice. The 27th annual Ottawa Wine and Food Festival returns with more than 1,500 different brands of wine, spirits and beers assembled together in one place to be sampled, savoured, enjoyed, and discussed.

With so many options, this is the perfect opportunity to discover some new favourites, and I can't think of a better person to guide you on a journey of reverent exploration of some very special European original classics than Guy McClelland. An industry veteran with more than 25 years in the beer business, McClelland has the rare distinction of being one of only four Canadians to become a proud member of the "Knighthood Of The Brewers' Mash Staff" where he was "knighted in beer" in Belgium.

But how did McClelland come to such a noble distinction? He earned it by becoming a "Belgian Beer Evangelist" to Canada. In 1995, he was part of an extremely talented team working for the Oland Specialty Beer Company, which had the daunting task of bringing forth a virtually unknown portfolio of beers from Belgium and introducing them to a predominantly domestic lager drinking Canadian beer market.

With a variety of unconventional flavours, pouring rituals and specialized glassware, the team had an incredible challenge in front of it. The team did such an amazing job that many of these brands (Hoegaarden, Leffe Brun, Leffe Blonde, and the ubiquitous Stella Artois) are mainstays in pubs everywhere.

McClelland later founded his own company eight years ago, McClelland Premium Imports, and his portfolio is interesting and impressive. In a recent conversation, McClelland said, "I believe there is a place for the classic originals and that true, original classic styles from Europe are always going to be important." I believe he is absolutely right, as their respect for the romance, history and tradition of beer is powerful.

So let's take a look at one of those beers.

The Affligem Brewery is best known for brewing the abbey ale that bears the name of the nearby Belgian Abbey, which is believed to be founded in 1062.

Discover classic beers with "Beer Knight" Guy McClelland at The Ottawa Wine and Food Festival this weekend at the Ottawa Convention Centre. CONTRIBUTED

This bottle-conditioned beauty enjoys a second fermentation and should be poured slowly and gently. Turn the bottle slightly so the yeast remains in the bottle. That way the last 10 per cent remains and your beer pours clear. The remaining 10 per cent will be cloudy, which can be added later or enjoyed separately, depending on your personal taste. Don't worry, it is full of vitamins and minerals, is completely delicious and very good for you. Serve chilled (8 C), but not too cold so you miss out on taste, or too warm as it will flow everywhere.

Affligem Blonde Abbey Ale (6.8 per cent alcohol by volume, 330 ml bottle $2.65 LCBO) carefully pours a translucent, brassy gold with thick, white head into a chalice glass. The wide mouth allows the inviting aromas of herbal and floral hops, cereal grains, honey and spice. Sweet honey, fruit, and bready malts are up front before a slight yeast sourness with peppery notes and nice, light hop bitterness balance things out.

The mouth feel is smooth with a bit of tingle from the yeast and warming from the alcohol with a dry, lingering finish. Interesting and very drinkable.

McClelland recommends pairing this versatile beer with rich foods, cheese of character (particularly Balderson's two-year-old aged white cheddar), beef carbonnade, and any grass-fed "real" red meat, stating that it's hard to find a better pairing for a perfectly prepared steak, wines included. Who am I to argue with a Beer Knight?

The Ottawa Wine and Food Festival runs through to Sunday. For day passes and more info, visit ottawawineandfoodshow.com.

Celebrate wine and veterans

SEASONAL SIPS
Allyson Bycraft
For Metro

Ottawa Wine and Food Festival, Nov. 7-11: This is the weekend to celebrate wine and food in Ottawa with the annual show. Hopefully, you will find some treasures in the tasting room aisles — particularly in the show's "Tasting Alley" of premium wines.

One such wine, Le Clos Jordanne Village Reserve Chardonnay 2010 ($30, LCBO #33936) from our close-to-home Niagara region, is a sure bet for excellence.

Can't make it to the show? No worries, you can pick Le Clos up at the LCBO. Available at Vintages Saturday.

Remembrance Day, Nov. 11: Say "thank you" to a veteran with something special. Pocas Colheita Port 1994 ($27.95, LCBO #216424) is a somewhat rare category of tawny port. Tawny port (as opposed to ruby) gets its name from the deep, golden colour gained from long aging in large oak casks.

Most tawnies are not vintage dated, as they are a blend of wines from several years. Colheita is the exception to this, with all the grapes coming from a single year's harvest. The Pocas was aged 14 years in wood to bring it to its present luscious, dried fruit and nut glory. Available at Vintages Saturday. ALLYSON BYCRAFT

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A taste adventure

Event. Top chefs and food experts will be at the wine and food festival this weekend

SAMANTHA EVERTS
For Metro

Top chefs and food experts will visit the Ottawa Convention Centre this weekend for the annual Ottawa Wine and Food Festival. CONTRIBUTED

The Ottawa Wine and Food Festival returns to the Ottawa Convention Centre this weekend as the most hotly anticipated foodie event of the year.

With more than 1,500 types of wines, beers and spirits to sample, visitors can taste their way around the world in the chic venue's three floors. Expect a very fashionable and sophisticated crowd, said event organizer Joan Culliton. "The reality is that people get dressed up to the nines."

Friends can spend a leisurely afternoon on the Tasting Floor, snacking on top-notch food or attend tasting seminars and kitchen demonstrations from popular cookbook authors.

"Our exhibitors love how Ottawans absolutely have a very educated palate and are appreciative of wine and beer and food," Culliton said.

On Culliton's "personal list as a must attend" is the Castello di Gabbiano wine tasting by Ivano Reali, the manager of the 14th-century Italian winery.

On the foodie side, "bacon mania" is truly hitting the festival this year with a "Bacon Bar" at the Culinary Theatre for the expected 25,000 festival attendees. The three-course menu by the Canadian Culinary Chef's Federation divine swine options will include beer braised pork belly with wild black garlic, pan roasted mushrooms and Lanark maple foam.

You will surely discover new favourites, but be sure to buy your ticket in advance as Culliton advises many events are beginning to sell out.

The Ottawa Wine and Food Festival runs through to Sunday. For more information, visit ottawawineandfoodfestival.com.

Vintages. Time for festive finds

JULIE STOCK
For Metro

IF I HAD $100 ... TO SPEND AT VINTAGES

Christmas is nearing so why not look for some gift ideas in Vintages. Glossy boxes, new wines from Piedmont and for the pièce de résistance, a pink port, the only one in the world at a price you can afford. These are highlights in the Nov. 10 release at Vintages.

Croft Pink Port, Portugal (LCBO #1400871, $19.95)
A bright pink port with red berry flavours to enjoy over ice, sorbet or just on its own.

Cave de Lugny Brut Rosé, Crémant de Bourgogne, France (LCBO #297846, $16.95)
A sparkling salmon-tangerine coloured bubbly wine with berry flavours, it could accompany starters through to desert.

Henry of Pelham Family Tree White 2010, Canada (LCBO #299172, $18.95)
A beautiful white blend: Ripe peaches and pears, bone dry with a lemony finish.

Camelback Tempranillo/ Grenache/Mourvedre 2010, Australia (LCBO #285577, $23.95)
Ruby red flavours in another great blend. Aromas and tastes of sour cherries and plums, earthy and peppery on the finish.

Giacomo Borgogno Barbera D'Alba Superiore 2010, Italy (LCBO #285486, $19.95)
Dark plums, black cherries, a rich, deep purple, and a pinch of chocolate flavours on the finish.

GRAND TOTAL: $99.75
FOR MORE, SEE SAVVYCOMPANY.CA.

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Sundays, November 25 - December 16, 9am-3pm at the Ernst & Young Centre (formerly the CE Centre), 4899 Uplands Drive
www.ottawafarmersmarket.ca

Kick up your next dinner party with spicy bites and cooling dips

Spiced Shrimp with Lime-Ginger Sauce

This recipe makes 30 pieces. FROM CANADA'S FAVOURITE RECIPE

"Everyone loves traditional cold cooked shrimp around a spicy seafood sauce," write Elizabeth Baird and Rose Murray in Canada's Favourite Recipes. "This version is just the reverse . . . spicy shrimp, served hot with a cooling dip on the side."

1. Sauce: In a small bowl, combine the mayonnaise, fresh ginger, lime zest and lime juice. (Make-ahead: Cover and refrigerate for up to 6 hours.)

2. Shrimp: In a small bowl, combine 1 tsp (5 ml) of the oil, the lime juice, coriander, paprika, cumin, brown sugar, salt, oregano and cayenne. In a large bowl, evenly coat the shrimp with the mixture. Cover and marinate at room temperature for 20 minutes. (Make-ahead: Cover and refrigerate for up to 3 hours.)

3. In a large skillet, heat the remaining 2 tsp (10 ml) of canola oil over medium-high heat. Stir-fry the marinated shrimp until bright pink (no longer opaque) and just cooked through, 1 to 2 minutes. Serve hot. Arrange on a platter with the sauce for dipping; garnish with lime wedges.

THE RECIPES ON THIS PAGE ARE PRINTED WITH PERMISSION FROM CANADA'S FAVOURITE RECIPES BY ELIZABETH BAIRD AND ROSE MURRAY

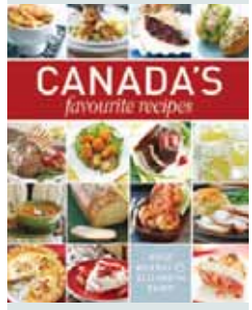
Ingredients

Sauce
- 2/3 cup (150 ml) mayonnaise
- 2 tbsp (30 ml) grated fresh ginger
- 1 tbsp (15 ml) grated lime zest
- 2 tbsp (30 ml) fresh lime juice

Shrimp
- 1 tbsp (15 ml) canola oil, divided
- 2 tsp (10 ml) fresh lime juice
- 1 tsp (5 ml) each ground coriander, paprika, ground cumin and brown sugar
- 1/2 tsp (2 ml) each sea salt and dried oregano
- 1/4 tsp (1 ml) cayenne
- 1 lb (500 g) large shrimp, peeled, with tail portion left intact
- lime wedges

Cookbook of the Week

Canadian fare from coast to coast



In the book Canada's Favourite Recipes, Rose Murray and Elizabeth Baird set out to answer the question: What is Canadian cuisine?

The book reveals just how distinctive our food is and how our people, climate and land influence it. Many of the 160 recipes have been contributed by Canadian cooks, chefs and personalities such as Julian Armstrong, Emily Richards and Wayson Choy.

Among the Canadian delicacies included are: Pemeal Bacon Roast, Cod and Potato Fritters with Spicy Lemon Mayo, Maple Carrot Cake with Maple Butter Icing and more. METRO

Roasted Squash Soup. Comfort food in a bowl

"When fall arrives, we are delighted to see that every good restaurant takes advantage of the sweetness of squash to make a velvety soup," write Elizabeth Baird and Rose Murray in Canada's Favourite Recipes. "Roasting the squash enhances its own natural sugars. Pancetta, an Italian bacon that is salt-cured but not smoked, is now available in the deli counters of most supermarkets.

1. Cut the squash in half, remove the seeds and roast, cut-side down and covered with foil, in a greased or parchment paper–lined baking pan in a 400 F (200 C) oven until tender, about 45 minutes. When cool enough to handle, scrape the flesh from the rind.

2. Meanwhile, in a large saucepan, cook the pancetta over medium heat until crisp, about 5 minutes. With a slotted spoon, transfer to paper towels to drain. Refrigerate.

3. In the pan drippings, over medium-low heat, cook the onions, garlic, sage and hot pepper flakes until the onions are very soft, about 10 minutes, stirring occasionally. Add the roasted squash, broth, and salt and pepper to taste. Bring to a boil, reduce the heat, cover and simmer, stirring often, for 20 minutes for flavours to blend.

4. Purée in a blender (holding down the lid) in batches until smooth.

5. Return to a clean saucepan and gently reheat. Taste and adjust the seasoning.

6. Serve in heated bowls, garnishing each serving with a dollop of sour cream, a sprinkle of diced tomato and pancetta.

Ingredients
- 1 butternut squash (about 2 3/4 lb/1.25 kg)
- 4 oz (125 g) pancetta, coarsely chopped
- 2 onions, coarsely chopped
- 2 cloves garlic, minced
- 1 1/2 tbsp (22 ml) chopped fresh sage
- 1/4 tsp (1 ml) hot pepper flakes
- 6 cups (1.5 l) chicken broth
- salt and ground black pepper
- sour cream
- 1 large ripe tomato, diced

Hot Pot
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Hot Pot, otherwise called Chinese fondue or Asian stew, consisting of different cuisines and cultures, most specifically East Asians. A simmering metal pot of stock is placed in the center of the dining table. Ingredients are placed into the pot and cooked at the table as friends and family dine together.
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With winter fast approaching, many of us are already looking for solutions to protect ourselves from the ailments of the season, including those inevitable colds and flus.

"People are always looking for cold and flu prevention and solutions products," says Janet Kaplan, owner of Ottawa-based Rainbow Foods, a full-service health foods store.

Rainbow, a family business operating in Ottawa's west end for 34 years, offers a number of cold- and flu-related products. From echinacea, an herbal remedy sourced from a flowering plant grown in many Canadian gardens, to unique lozenges sourced from evergreen tree resin, Rainbow has a wide range of products to help you keep well.

"We have many vitamins, minerals and immune-based supplements that can support your immune system and help you fight the illness and deal with symptoms when you lose the fight," Kaplan adds.

ISTOCKPHOTO/THINKSTOCK

Eating well is also important through the winter season. Along with a variety of allergy-friendly products such as gluten-free foods, alternative beverages such as soy, almond and quinoa milk and dairy alternatives, Rainbow also stocks organic produce and groceries, and herbal teas.

Skin also suffers in the winter and to help you deal with the conditions that can come with the colder weather such as dry skin and eczema, Rainbow offers many lines of body-care products that are renowned for what they don't have in them, rather than a long list of chemical ingredients. Between shampoos, deodorants, skin creams, etc., we can slather up to 15 different products on our skin every day. Clean body-care lines from local companies Green Beaver and Simply Natural offer a better alternative to keep your skin protected against winter.

Rainbow Foods is located at 1487 Richmond Rd. For more information, see rainbowfoods.net.

FLU FIGHTERS

Want to prevent getting sick this season? Try one of these remedies found at Rainbow Foods:

- Health First OregaFirst Oregano Oil.
- Sambu Guard — Elderberry Echinacea & Vitamin C cough and cold syrup.
- Quest Zinc & Vitamin C throat lozenges.
- Barlean's Olive Leaf liquid.
- Homeocoksinum flu buster or Boiron oscillococcinum.
- Vitamins C and D.

rainbow foods
The Healthy Choice. For You. For Life.
1487 Richmond Road
Britannia Plaza (WHERE RICHMOND & CARLING CROSS)
613-726-9200
CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE 9 YEAR
bullfrogpowered
facebook /rainbownaturalfoods
twitter @rainbownatfoods

GENTLEMEN, IT'S TIME TO TAKE YOUR HEALTH SERIOUSLY
WEAR IT PROUD MEN
Men have a shorter life expectancy than women. Are you going to let the ladies have all the fun? Come on men – let's get serious about your health and wear your mustaches proudly this fall.

ON SALE $29.99
50+ Multi
120 caps
EN 122565

ON SALE $32.99
Active MultiVitamins
120 caps
EN 122555

ON SALE $22.99
Complete Calcium
150 caps
NPN 80016015

Achieve vibrant health!
Progressive® Men's MultiVitamins and Complete Calcium satisfy the unique needs of your age, gender and activity level helping you maintain good health.

30 FREE CAPSULES
ULTIMATE MALE ENERGY

Increase energy – reduce abdominal fat!
Brad King's Ultimate Male Energy™ helps men over 30 increase testosterone levels, reduce abdominal fat, increase energy and improve libido.
PNO.CA
ON SALE $42.99
150 caps
EN 151446

Garlic is good, Kyolic® is BEST!
Kyolic® Cholesterol Control with Lecithin combines Aged Garlic Extract™ and lecithin to promote heart health through cholesterol reduction.
ON SALE $27.99
180 caps
NPN 80007295

Top 5 Men's Health Issues:
- obesity
- prostate/penile health
- heart disease
- hair loss
- mental health

Sale ends November 18, 2012
Visit www.rainbowfoods.ca for more specials!

Have expectations for CBA become too high?

NHL lockout. Labour expert says compromises must be made internally by players and owners for deal to be reached

The hardest part, for Gary Bettman and Donald Fehr, might not be negotiating with each other.

Indeed, the commissioner of the NHL and the executive director of the NHL Players' Association may well find negotiating with their own people — who have their own expectations of what a season-saving deal ought to look like — to be the biggest hurdle.

"There has to be some compromise, otherwise there would have been a settlement a long time ago," said George Smith, a former management-side labour negotiator who is now a lecturer at Queen's University.

"There are at least three sets of negotiations going on: The ones across the table and the ones within the owners' group and the players' group. There have been promises made to each of their members to get us to the point where we are today."

For the second day in a row, the NHL and NHLPA went underground to hammer out the issues with an eye on saving the season. Wednesday's session started later than expected in the afternoon as both sides used the morning to strategize internally.

With a snowstorm hitting New York, some of the players who had been in on Tuesday's meetings — including Sidney Crosby — went home early.

Tuesday's seven-hour session dealt largely with contract issues and revenue sharing, and was said to be the first true bargaining of these collective bargaining talks.

Wednesday's session was scheduled to deal with the most contentious issue: Paying players their salaries in full while at the same time getting the two sides to share hockey-related revenue 50-50.

TORSTAR NEWS SERVICE

Pressure escalating

Tension seems to be rising from all corners of the NHL.

- Pockets of owners and players are believed to be exerting pressure on leadership to get a new deal, while Molson Coors CEO Peter Swinburn, whose company is a major league sponsor, told The Canadian Press in an interview that the brewer will seek compensation when the lockout ends.
- "There will be some redress for us as a result of this," said Swinburn. "I can't quantify that and I don't know because I don't know the scale of how long the lockout is going to last."

THE CANADIAN PRESS

Celtic shatters Barca's expectations in Glasgow

Celtic goalkeeper Fraser Forster denies FC Barcelona's Lionel Messi during a UEFA Champions League match on Wednesday in Glasgow, Scotland. Celtic produced a stunning 2-1 win over Barcelona, rewarded for a disciplined defence against the European heavyweight and making the most of its rare attacks. Barcelona was unbeaten in 12 straight matches in all competitions before Wednesday. STU FORSTER/GETTY IMAGES

MLB. Former Tiger Young pleads guilty in slur case

Former Detroit Tigers slugger Delmon Young pleaded guilty Wednesday to aggravated harassment for shouting an anti-Semitic slur and tackling a man to the ground outside a New York City hotel last spring.

The 27-year-old, who became a free agent after the World Series, was ordered to complete 10 days of community service and enrol in a program at the Museum of Tolerance New York as part of the Manhattan district attorney's office's restorative justice program. His lawyer didn't immediately return a call seeking comment.

Delmon Young GETTY IMAGES FILE

Young was standing outside of the Hilton New York and was accused of yelling anti-Jewish epithets at a group of tourists, tussling with them and tackling one to the ground in April, when the Tigers were in town to play the New York Yankees.

THE ASSOCIATED PRESS

NBA

Raptors' Lowry misses date with Mavericks

Toronto Raptors point guard Kyle Lowry was ruled out of Wednesday night's road game against the Mavericks in Dallas as he recovers from a right ankle sprain.

Lowry twisted his right ankle after landing on Thunder forward Serge Ibaka's foot while going for a rebound in the second quarter in Toronto's 108-88 loss in Oklahoma City on Tuesday. He wore a walking boot as a precaution after leaving the game.

THE CANADIAN PRESS

NBA. Pippen joined Obama for election-day basketball

Former Chicago Bulls star Scottie Pippen says U.S. President Barack Obama has a "smooth game" on the basketball court.

Pippen described playing basketball with the president Tuesday afternoon in a story on the Chicago Bulls website. He played on Obama's team in an election-day game complete with referees and a running clock. Pippen and Obama's team won the game.

Pippen says the president was "very easy to approach" and says Obama isn't an overly aggressive player, probably because he doesn't want to get hurt.

Scottie Pippen GETTY IMAGES FILE

Pippen says it was the first time he met the president and called it "a very special experience."

Pippen was a member of six Chicago Bulls championship teams.

THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
New York	3	0	1.000	—
Milwaukee	2	0	1.000	½
Chicago	3	1	.750	½
Miami	3	1	.750	½
Orlando	2	1	.667	1
Cleveland	2	2	.500	1½
Brooklyn	1	1	.500	1½
Charlotte	1	1	.500	1½
Atlanta	1	1	.500	1½
Indiana	2	2	.500	1½
Boston	1	2	.333	2
Philadelphia	1	2	.333	2
Toronto	1	3	.250	2½
Washington	0	2	.000	2½
Detroit	0	4	.000	3½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	4	0	1.000	—
Dallas	3	1	.750	1
Minnesota	2	1	.667	1½
Golden State	2	2	.500	2
Houston	2	1	.667	1½
Memphis	2	1	.667	1½
New Orleans	2	1	.667	1½
L.A. Clippers	2	2	.500	2
Oklahoma City	2	2	.500	2
Portland	2	2	.500	2
Sacramento	1	3	.250	3
Utah	1	3	.250	3
L.A. Lakers	1	3	.250	3
Phoenix	1	3	.250	3
Denver	1	3	.250	3

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Wednesday's results
Phoenix at Charlotte
Washington at Boston
Brooklyn at Miami
Indiana at Atlanta
Memphis at Milwaukee
Orlando at Minnesota
Philadelphia at New Orleans
Denver at Houston
Toronto at Dallas
L.A. Lakers at Utah
Detroit at Sacramento
Cleveland at Golden State
San Antonio at L.A. Clippers

Tuesday's results
Oklahoma City 108 Toronto 88
Chicago 99 Orlando 93
Denver 109 Detroit 97

Thursday's games
Oklahoma City at Chicago, 8 p.m.
L.A. Clippers at Portland, 10:30 p.m.

Friday's games
Brooklyn at Orlando, 7 p.m.
Milwaukee at Washington, 7 p.m.
Dallas at New York, 7:30 p.m.
Philadelphia at Boston, 7:30 p.m.
Miami at Atlanta, 7:30 p.m.
Indiana at Minnesota, 8 p.m.
Detroit at Oklahoma City, 8 p.m.
Charlotte at New Orleans, 8 p.m.
Houston at Memphis, 8 p.m.
Cleveland at Phoenix, 9 p.m.
San Antonio at Sacramento, 10 p.m.
Utah at Denver, 10:30 p.m.
Golden State at L.A. Lakers, 10:30 p.m.

SCORING LEADERS

	G	FG	FT	PTS	AVG
Harden, Hou	3	36	27	106	35.3
Bryant, LAL	4	40	18	107	26.8
Anthony, NY	3	27	18	78	26.0
Crawford, LAC	4	30	23	96	24.0
Irving, Cle	4	35	18	95	23.8
Howard, LAL	4	33	27	93	23.3

Not including Wednesday's games

LATE TUESDAY

THUNDER 108, RAPTORS 88

TORONTO (88)
Fields 1-6 1-2 3, Bargnani 5-14 3-3 16, Valanciunas 6-8 6-6 18, Lowry 1-4 0-0 2, DeRozan 2-10 4-4 8, Anderson 1-6 1-2 3, McGuire 3-4 0-0 6, Calderon 2-7 3-3 8, Johnson 1-4 0-0 2, Davis 2-4 2-3 6, Lucas 1-9 0-0 3, Ross 4-7 0-0 10, Gray 1-1 1-2 3. Totals 30-84 21-25 88.

OKLAHOMA CITY (108)
Durant 4-11 6-6 15, Ibaka 8-9 1-1 17, Perkins 2-3 0-0 4, Westbrook 5-12 7-8 19, Sefolosha 4-6 0-0 11, Thabeet 2-2 6-6 10, Martin 4-9 6-7 15, Maynor 3-9 3-4 9, Collison 1-3 0-2 2, Jones 0-3 0-0 0, Jackson 1-4 0-0 3, Lamb 1-3 0-0 3, Liggins 0-0 0-0 0. Totals 35-74 29-34 108.

Toronto	17	21	25	25—88
Oklahoma City	30	27	28	23—108

3-Point Goals—Toronto 7-30 (Bargnani 3-6, Ross 2-3, Calderon 1-4, Lucas 1-6, Fields 0-2, DeRozan 0-2, Lowry 0-2, Anderson 0-5), Oklahoma City 9-25 (Sefolosha 3-5, Westbrook 2-4, Jackson 1-2, Lamb 1-3, Martin 1-4, Durant 1-4, Maynor 0-3). Fouled Out—Thabeet. Rebounds—Toronto 46 (Davis 9), Oklahoma City 56 (Perkins 9). Assists—Toronto 16 (Lucas, Lowry 4), Oklahoma City 24 (Westbrook 8). Total Fouls—Toronto 24, Oklahoma City 22. Technicals—Lowry, Westbrook, Oklahoma City defensive three second. A—18,203 (18,203) at Oklahoma City, Okla.

TRANSACTIONS

MLB

AMERICAN LEAGUE

BOSTON RED SOX — Named Juan Nieves pitching coach.

KANSAS CITY ROYALS — Announced the retirement of co-ordinator of cultural development Sal Artiaga.

NATIONAL LEAGUE

L.A. DODGERS — Named Mark McGwire hitting coach.

N.Y. METS — Agreed to terms with RHP Greg Burke on a minor league contract. Agreed to terms with OF Jason Bay to terminate his contract.

PITTSBURGH PIRATES — Agreed to terms with OF Darren Ford on a minor league contract.

SAN FRANCISCO GIANTS — Assigned 2B Emmanuel Burriss outright to Fresno (PCL). Announced RHP Clay Hensley declined outright assignment and elected free agency.

NFL

ATLANTA FALCONS — Released FB Lousaka Polite. Signed FB Mike Cox. Signed OL Jacques McClendon to the practice squad.

BUFFALO BILLS — Signed CB Crezdon Butler and OT Thomas Welch.

MIAMI DOLPHINS — Released DB De'Andre Presley. Signed CB Bryan McCann.

NHL

OTTAWA SENATORS — Reassigned F Darren Kramer from Binghamton (AHL) to Elmira (ECHL).

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	8	5	2	0	1	23	15	11
Worcester	10	4	4	1	1	26	32	10
St. John's	11	5	6	0	0	24	34	10
Portland	8	4	3	1	0	34	29	9
Providence	8	3	5	0	0	18	23	6

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	9	6	1	0	2	33	17	14
Bridgeport	9	6	3	0	0	29	29	12
Connecticut	9	4	4	1	0	31	37	9
Adirondack	9	4	5	0	0	23	30	8
Albany	8	2	5	0	1	15	20	5

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	8	5	1	1	1	29	26	12
Norfolk	9	6	3	0	0	32	25	12
Binghamton	9	4	4	1	0	22	27	9
Hershey	9	4	4	1	0	26	26	9
W-B/Scranton	9	4	5	0	0	25	23	8

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	9	6	1	0	2	32	18	14
Lake Erie	11	7	4	0	0	36	29	14
Rochester	10	6	3	1	0	39	35	13
Hamilton	8	4	2	1	1	21	24	10
Toronto	8	3	4	0	1	19	24	7

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Chicago	11	7	3	1	0	30	30	15
Grand Rapids	11	5	4	1	1	36	35	12
Rockford	10	5	4	0	1	30	30	11
Milwaukee	10	4	6	0	0	23	28	8
Peoria	9	2	5	1	1	13	31	6

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	11	7	3	0	1	41	26	15
Houston	10	5	3	1	1	35	28	12
Oklahoma City	10	5	4	0	1	31	31	11
San Antonio	9	4	4	0	1	19	22	9
Texas	8	3	5	0	0	16	27	6

Note: Two points awarded for a win, one for an overtime or shootout loss.

Wednesday's results
Bridgeport 4 Norfolk 2
Grand Rapids 4 Milwaukee 2
St. John's at Manchester
Binghamton at Wilkes-Barre/Scranton
Syracuse at Hamilton

Tuesday's result
Chicago 2 Charlotte 1

Thursday's games
All Times Eastern
Peoria at Charlotte, 7 p.m.
Toronto at Houston, 8:05 p.m.

Friday's games
Bridgeport at Manchester, 7 p.m.
Connecticut at Springfield, 7 p.m.
Peoria at Charlotte, 7 p.m.
Rockford at Grand Rapids, 7 p.m.
Adirondack at Rochester, 7:05 p.m.
Albany at Providence, 7:05 p.m.
Hershey at W-B/Scranton, 7:05 p.m.
Syracuse at Hamilton, 7:30 p.m.
Portland at Worcester, 7:30 p.m.
Chicago at Milwaukee, 8 p.m.
Lake Erie at Houston, 8:05 p.m.
Toronto at Texas, 8:30 p.m.
Oklahoma City at Abbotsford, 10 p.m.

CFL

PLAYOFFS

Sunday's games — All Times Eastern
DIVISION SEMIFINALS
Byes: B.C., Montreal
East Division
Edmonton at Toronto, 1 p.m.
West Division
Saskatchewan at Calgary, 4:30 p.m.
Sunday, Nov. 18 — All Times Eastern
DIVISION FINALS
East Division
Semifinal Winner at Montreal, 1 p.m.
West Division
Semifinal Winner at B.C., 4:30 p.m.
Sunday, Nov. 25
100TH GREY CUP
At Toronto
East vs. West Winners, 6 p.m.

SCORING LEADERS

x — scored two-point convert

	TD	C	FG	S	Pts
McCallum, BC	0	47	44	8	187
Paredes, Cal	0	49	40	1	170
Congi, Ham	0	49	40	2	171
Whyte, Mtl	0	50	33	9	158
Palardy, Wpg	0	31	39	6	154
Shaw, Edm	0	40	32	11	147
Waters, Tor	0	29	32	7	132
DeAngelis, Sask	0	26	30	2	118
x-C.Williams, Ham	15	2	0	0	92
Dressler, Sask	14	0	0	0	84
Cornish, Cal	13	0	0	0	78
Sheets, Sask	13	0	0	0	78
Harris, BC	11	0	0	0	66
x-Lewis, Cal	10	2	0	0	62
Milo, Sask	0	16	11	12	61

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	5	3	0	.625	262	170
Miami	4	4	0	.500	170	149
N.Y. Jets	3	5	0	.375	168	200
Buffalo	3	5	0	.375	180	248

SOUTH

	W	L	T	Pct	PF	PA
Houston	7	1	0	.875	237	137
Indianapolis	5	3	0	.625	159	191
Tennessee	3	6	0	.333	182	308
Jacksonville	1	7	0	.125	117	219

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	199	176
Pittsburgh	5	3	0	.625	191	164
Cincinnati	3	5	0	.375	189	218
Cleveland	2	7	0	.222	169	211

WEST

	W	L	T	Pct	PF	PA
Denver	5	3	0	.625	235	175
San Diego	4	4	0	.500	185	157
Oakland	3	5	0	.375	171	229
Kansas City	1	7	0	.125	133	240

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	3	0	.667	254	185
Philadelphia	3	5	0	.375	133	183
Dallas	3	5	0	.375	150	181
Washington	3	6	0	.333	226	248

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	8	0	0	1.000	220	143
Tampa Bay	4	4	0	.500	226	185
New Orleans	3	5	0	.375	218	229
Carolina	2	6	0	.250	149	180

NORTH

	W	L	T	Pct	PF	PA
Chicago	7	1	0	.875	236	120
Green Bay	6	3	0	.667	239	187
Minnesota	5	4	0	.556	204	197
Detroit	4	4	0	.500	192	188

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	2	0	.750	189	103
Seattle	5	4	0	.556	170	154
Arizona	4	5	0	.444	144	173
St. Louis	3	5	0	.375	137	186

WEEK 10

Thursday's game — All Times Eastern
Indianapolis at Jacksonville, 8:20 p.m.

Sunday's games
N.Y. Giants at Cincinnati, 1 p.m.
Denver at Carolina, 1 p.m.
San Diego at Tampa Bay, 1 p.m.
Tennessee at Miami, 1 p.m.
Oakland at Baltimore, 1 p.m.
Buffalo at New England, 1 p.m.
Detroit at Minnesota, 1 p.m.
Atlanta at New Orleans, 1 p.m.
N.Y. Jets at Seattle, 4:05 p.m.
Dallas at Philadelphia, 4:25 p.m.
St. Louis at San Francisco, 4:25 p.m.
Houston at Chicago, 8:20 p.m.

Monday, Nov. 12
Kansas City at Pittsburgh, 8:30 p.m.

SOCCER

UEFA CHAMPIONS LEAGUE

First Round (home teams listed first)
Wednesday's results
GROUP E
Chelsea (England) 3 Shaktar Donetsk (Ukraine) 2
Juventus (Italy) 4 Nordsjaelland (Denmark) 0
GROUP F
Bayern Munich (Germany) 6 Lille (France) 1
Valencia (Spain) 4 BATE Borisov (Belarus) 2
GROUP G
Benfica (Portugal) 2 Spartak Moscow (Russia) 0
Glasgow Celtic (Scotland) 2 Barcelona (Spain) 1
GROUP H
Braga (Portugal) 1 Manchester United (England) 3
Cluj (Romania) 1 Galatasaray (Turkey) 3

Tuesday's results
GROUP A
Dynamo Kiev (Ukraine) 0 FC Porto (Portugal) 0
Paris SG (France) 4 Dinamo Zagreb (Croatia) 0
GROUP B
FC Schalke 04 (Germany) 2 Arsenal (England) 2
Olympiacos (Greece) 3 Montpellier (France) 1
GROUP C
AC Milan (Italy) 1 Malaga (Spain) 1
Anderlecht (Belgium) 1 Zenit St. Petersburg (Russia) 0
GROUP D
Manchester City (England) 2 Ajax (Netherlands) 2
Real Madrid (Spain) 2 Borussia Dortmund (Germany) 2

MLS PLAYOFFS

SEMIFINALS

(two-game, total-goals series)

EASTERN CONFERENCE

D.C UNITED VS. NEW YORK

(Series tied 1-1)
Wednesday's result
D.C. at New York,

KANSAS CITY VS. HOUSTON

(Houston leads series 2-0)
Wednesday's result
Houston at Kansas City

WESTERN CONFERENCE

SAN JOSE VS. LOS ANGELES

(San Jose leads series 1-0)
Wednesday's result
Los Angeles at San Jose

SEATTLE VS. REAL SALT LAKE

(Series tied 0-0)
Thursday's game — All Times Eastern
Seattle at Real Salt Lake, 9:30 p.m.

ENGLAND

LEAGUE ONE

Wednesday's results
Hartlepool United 0 Tranmere Rovers 2
Milton Keyes Dons 1 Leyton Orient 0

LEAGUE TWO

Plymouth Argyle 1 Burton Albion 2

FRANCE

LIGUE 1

Wednesday's results
Sochaux 2 Evian 1

SCOTLAND

PREMIER LEAGUE

Wednesday's results
Motherwell 0 Dundee United 1

TENNIS

ATP WORLD CHAMPIONSHIPS

At London
Wednesday's results
ROUND ROBIN
Singles — Group A
Novak Djokovic (1), Serbia, def. Andy Murray (3), Britain, 4-6, 6-3, 7-5.
Tomas Berdych (5), Czech Republic, def. Jo-Wilfried Tsonga (7), France, 7-5, 3-6, 6-1.
Standings: Djokovic 2-0 (sets 4-1), Berdych 1-1 (3-3), Murray 1-1 (3-3), Tsonga 0-2 (1-4).
Doubles — Group B
Jonathan Marray, Britain, and Frederik Nielsen (8), Denmark, def. Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto**, 7-6 (3), 4-6, 12-10.
Mahesh Bhupathi and Rohan Bopanna (5), India, def. Robert Lindstedt, Sweden, and Horia Tecau (4), Romania, 6-3, 5-7, 10-5.
Standings: Marray-Nielsen 2-0 (4-2), Bhupathi-Bopanna 1-1 (3-3), Mirnyi-**Nestor** 1-1 (3-3), Lindstedt-Tecau 0-2 (2-4).

Horoscopes

♈ Aries
March 21 - April 20
Demand to be taken seriously. Demand that others treat you with respect. If they don't, well, that's your cue to look elsewhere for companionship and love. You're special. Don't waste your time on people who can't see it.

♉ Taurus
April 21 - May 21
Try not to come across as cold. Those to whom you are close know that you sometimes find it hard to express your feelings but people you deal with in the wider world may think you are being rude.

♊ Gemini
May 22 - June 21
Quick decisions are not always good decisions, so take your time and get it right. Someone may be annoyed that you are moving slowly but they will be even more annoyed if you make a wrong move and they have to pay.

♋ Cancer
June 22 - July 23
You may be tempted to pack your bags and go some place where you don't have to deal with so many annoying people but in a few days you will feel better about your current situation. Hang in there.

♌ Leo
July 24 - Aug. 23
Try not to be too distrustful today. The planets indicate that what a colleague is offering you is not some kind of trick. Most people are honest, so accept the offer and enjoy what it brings.

♍ Virgo
Aug. 24 - Sept. 23
Your head and your heart are pulling you in different directions and, as always, your head will win in the end. Don't be so logical and rational though that you miss the feelings of love that others are sending your way.

♎ Libra
Sept. 24 - Oct. 23
You have worked hard to get to your present position and you are not about to give it up, no matter what others say you should do. Possession is nine-tenths of the law and you are simply not going to move.

♏ Scorpio
Oct. 24 - Nov. 22
Opportunity will come knocking today and you won't hesitate to let it in. Don't forget, however, that the flipside to opportunity is responsibility. Make sure you know what you are getting yourself into — then go for it.

♐ Sagittarius
Nov. 23 - Dec. 21
Mercury in your sign helps you see things clearly but it's in one of its retrograde phases at the moment, so not everything will be what it seems. Don't accept what others tell you without checking the facts for yourself.

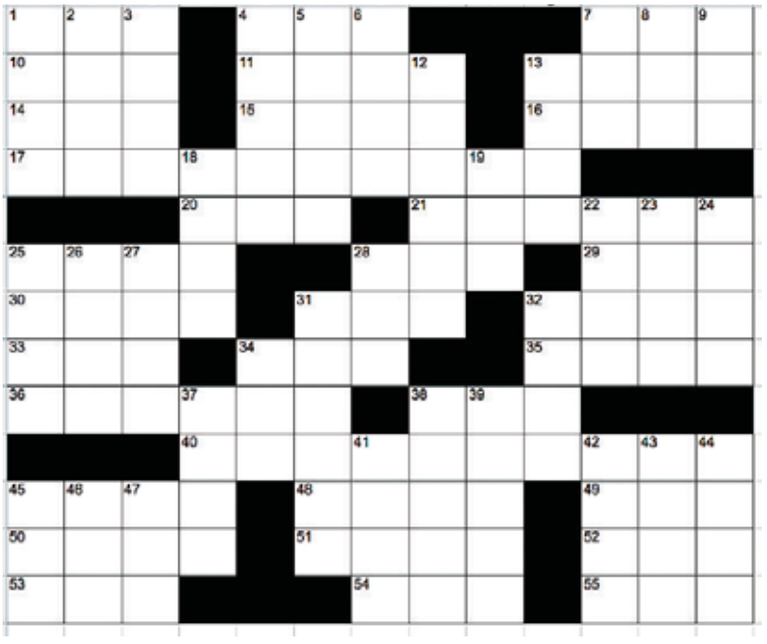
♑ Capricorn
Dec. 22 - Jan. 20
You may wish you were some place else at the moment but before you start thinking about a change of scene, you have got to think about your cash flow situation. Are you living beyond your means? Do something about it.

♒ Aquarius
Jan. 21 - Feb. 19
You will be tempted to splash out on something luxurious today but if you are wise, you will resist. Your place in the world does not depend on how much you earn or how much bling you can afford.

♓ Pisces
Feb. 20 - March 20
You could miss out on a romantic opportunity today, simply because you are too shy to approach someone you fancy. It doesn't take much to smile and say hello, so be brave and make your move. You'll be glad you did. **SALLY BROMPTON**

Canadian Crossword

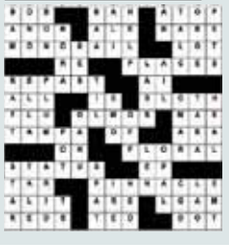
BY BETTY MARTIN



Across
1. Commercials
4. Allow
7. Funnyman Carney
10. Actor Majors
11. Cosmetic giant
13. French cheese
14. Poor grade
15. Exhaust
16. The Avengers Mrs. Peel
17. Value
20. Food scrap
21. Squeal
25. Idle chit —
28. Opie's Aunt —
29. The Fresh Prince of Bel —
30. Partner for hearty
31. Pub
32. Wing length
33. Has the flu
34. Actor who portrayed 28 across
35. Towel monogram
36. More homey
38. – Paulo, Brazil
40. Brace
45. Alike
48. Fragrance
49. Pitcher's stat.
50. Tortoise rival
51. Telegram
52. — and abet
53. The Cat in the —
54. Wide shoe width
55. Genetic molecule (abbr.)

Down
1. M*A*S*H actor
2. "The — End of the Ocean"
3. Ooze
4. After a while
5. Landlord's threat
6. Beverly Hills, 90210 actress Spelling
7. Appendage
8. Along the edge
9. Afternoon social
12. Tidier
13. Red veggie
18. Routine
19. Self defense lessons —kwondo
22. Record a television show
23. Fibber
24. Sea eagles
25. Elegant
26. Angel headwear
27. — well that ends well
28. Keep out
31. Beg, — or steal
32. Range
34. Soak
37. Psychiatrists comment (2 words)
38. Night time sound
39. Concur
41. Nurse Jackie actress Falco
42. — of the Class
43. Middle daughter on The Waltons
44. Zilch
45. Be quiet!
46. Battery size
47. The A Team actor (word & init.)

Yesterday's Crossword



What's online

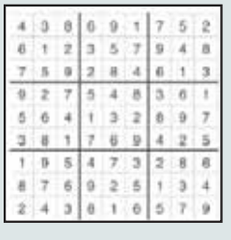
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

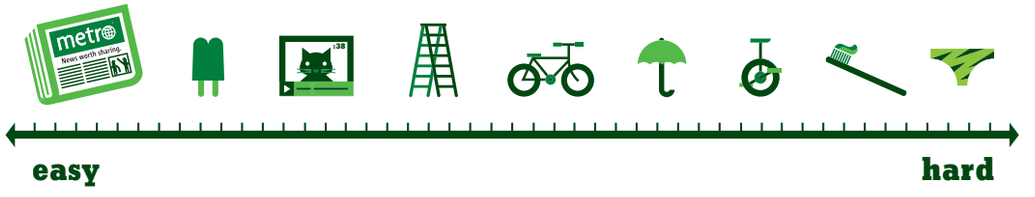
	8		7		9		5	
5								6
		9		5		2		
	5	8		2		1	3	
	7			9			2	
	3	1		7		6	4	
		4		3		8		
7								4
	2		4		6		9	

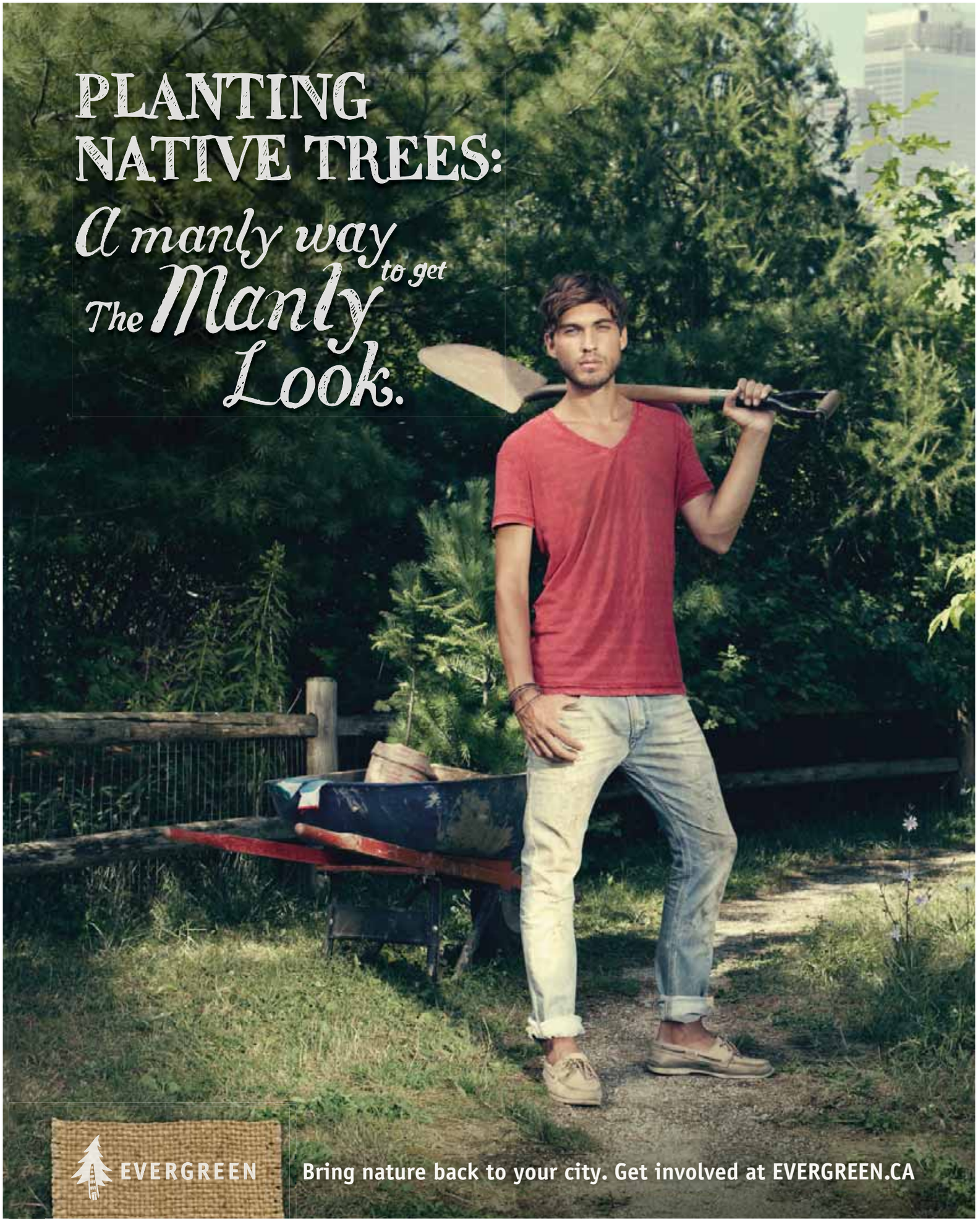
Yesterday's Sudoku



Today 4°/-7° Mainly sunny
Friday 6°/0° Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

Sharability

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